**GROUP THERAPY & ASSESSMENT SERVICE DESCRIPTIONS**

Detoxification Centre  
240 Brock Street · 613-549-6461  
Kingston Health Science Centre, Hotel Dieu Hospital Site

### MUTUAL HELP GROUPS

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Group Content</th>
<th>Dates</th>
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</table>
| **Alcoholic's Anonymous (AA)** | - AA members share their recovery experience with anyone seeking help with a drinking problem, and give individual services or "sponsorship" to the alcoholics coming to AA.  
- 12 steps to recovery, 12 traditions, and serenity prayer  
- Speaker Meeting | Keep It Simple Meeting  
Mondays at 6:30pm  
Saturday Night Live Meeting  
Saturdays at 6:30pm  
Room: Group Room  
Facilitators: AA members |
| **Narcotic's Anonymous (NA)** | - Provides a recovery process and peer support network.  
- Members share their successes and challenges in overcoming active addiction and living drug-free, productive lives through the application of the principles contained within the Twelve Steps and Twelve Traditions  
- 12 step basic text discussion meetings | Get Honest or Die Meeting  
Fridays at 8:00pm  
Get Honest or Die Meeting  
Sundays at 7:30pm  
Room: Group Room  
Facilitators: NA members |
| **Introduction to Narcotics Anonymous** | - A focus on the first 3 steps of the Narcotic's Anonymous 12 Step Program | Wednesdays at 6:45pm  
Room: Group Room  
Facilitators: NA members |

### PET THERAPY

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| **Pet Therapy** | - Interact with and pet Oscar (golden retriever)  
- Proven to help improve mental and physical health | Alternating Tuesdays and Thursdays (once weekly) at 2pm  
Room: Living Room/foyer  
Facilitator: JohnT |
## GROUP THERAPY & ASSESSMENT SERVICE DESCRIPTIONS

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### COPING SKILLS GROUP THERAPY

#### Relapse Prevention Group (RPG)
- **Target Population**: Ages 16+  
  - a desire to stop using drugs and/or alcohol  
  - open to the public
- **Group Content**:  
  - What am I doing today to stay clean and sober?  
  - Focus on living in the solution, not living in the problem
- **Dates**: Tuesdays and Thursdays  
  - 11am – 12pm
  - Room: Group Room  
  - Facilitators: AA/NA members

#### Recreation & Leisure Group
- **Target Population**: Ages 16+  
  - exclusively for current residents
- **Group Content**:  
  - play board games, cards or engage in art therapy  
  - addresses boredom, reduces stress, and incorporates leisure activities into your recovery plan
- **Dates**: Mondays and Wednesdays  
  - during student placements at 2pm  
  - Room: Group Room  
  - Facilitators: students

#### Coping Skills Group
- **Target Population**: Ages 16+  
  - exclusively for current residents
- **Group Content**: Topics vary each week:  
  - Addiction and the Family  
  - Guilt and Shame  
  - Defense Mechanisms  
  - Feelings and Emotional Needs  
  - Warning Signs of Relapse  
  - Anger
- **Dates**: Wednesdays at 11am
  - Room: Group Room  
  - Facilitators: John V

#### Journaling Group
- **Target Population**: Ages 16+  
  - exclusively for current residents
- **Group Content**:  
  - Journaling can help reduce anxiety, and help make important connections between thoughts, feelings and your behaviour  
  - gratitude journal, goal-focused journal, a diary of past events, reflection journal, or organize lists to help reduce anxiety
- **Dates**: Tuesdays at 6:45 pm  
  - Room: Group Room  
  - Facilitators: Fiona from KHSC Volunteer Services

#### Board & Card Games Group
- **Target Population**: Ages 16+  
  - exclusively for current residents
- **Group Content**:  
  - play board games, or cards  
  - addresses boredom, reduces stress, and incorporates leisure activities into your recovery plan
- **Dates**: Fridays at 11am
  - Room: Group Room  
  - Facilitators: Michelle from KHSC Volunteer Services

#### Art Therapy
- **Target Population**: Ages 16+  
  - exclusively for current residents
- **Group Content**:  
  - Self-expression with acrylic paints  
  - gratitude cards  
  - inspirational paintings  
  - Colouring/drawing
- **Dates**: Thursdays at 2:45 pm
  - Room: Group Room  
  - Facilitators: Yvonne from KHSC Volunteer Services