

# HOME DETOX SUPPORT GROUPS

## September 2024

Join us in learning about addiction and ways you can also support yourself/loved ones. All groups are FREE of charge.

**Groups Accessible to the Entire Community**

### MINDFULNESS **In-Person**

Saturday September 21st - 11:30am - 12:00pm

Join us to learn about mindfulness. Spend 30 min relaxing and connecting back to your body and breath.

### NALOXONE TRAINING **In-Person**

Thursday September 12th & 26th - 5:30pm - 6:00pm

Learn how to administer Naloxone, what it is, and leave with your own kit to potentially save someone.

### SMART RECOVERY **In-Person**

Friday September 20th & 27th - 5:30pm - 7:00pm

**Group on Break on Friday September 6th & 13th**

Once a week for 10 weeks to learn about the foundations of recovery. Develop recovery plans, and continue building your recovery toolkit.

### FAMILY AND FRIENDS SUPPORT GROUP **Hybrid**

Wednesday September 11th - 7:00pm - 8:00pm

Let's have a conversation about supporting individuals with addiction, share challenges, and explore needed support.

### **\*NEW\*** PSYCHOSOCIAL DETOX **In-Person**

Tuesday September 3rd, 10th, 17th, & 24th - 5:30pm - 7:30pm

Saturday September 14th, 21st, & 28th - 2:00pm - 4:00pm

**No Classes Saturday September 7th - Go to Recovery Day!**

Feel free to join our 12-week program with 2 groups per week on a continuous intake basis. Participants are encouraged to commit to the full 12 weeks but can also drop in weekly. **Contact us for more information!**

### **Womens Support Group - Clients Only** **Hybrid**

Sunday September 8th & 22nd - 2:00pm - 3:30pm

Connect in a safe place with women who have or are facing addiction.



## WHERE?

### HYBRID AND IN-PERSON

Habitat @ 81st Options Office  
13583 81 Ave, Surrey BC

### CONTACT TO REGISTER

- 604-596-4321 ext 21160
- [home.d detox@options.bc.ca](mailto:home.d detox@options.bc.ca)


**Advanced Registration is  
Required**

RECOVERY IS A  
JOURNEY. EQUIP  
YOURSELF WITH  
THE NECESSARY  
TOOLS FOR THE  
JOURNEY.

Charitable Registration # 811786227 RR001



# September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3 PsychoSocial Detox Week 11 Day 1 5:30pm-7:30pm	4	5	6 SMART RECOVERY GROUP NO CLASS	7  RECOVERY DAY! PsychoSocial Detox NO CLASS
8 Female group HYBRID 2pm-3:30pm	9	10 PsychoSocial Detox Week 12 Day 1 5:30pm-7:30pm	11 Family and Friends Support Group Seminar HYBRID 7pm-8pm	12 Naloxone Training 5:30pm-6pm	13 SMART RECOVERY GROUP NO CLASS	14 PsychoSocial Detox Week 12 Day 2 5:30pm-7:30pm
15	16	17 PsychoSocial Detox Week 1 Day 1 5:30pm-7:30pm	18	19	20 SMART RECOVERY GROUP 5:30pm-7:00pm	21 Mindfulness Meditation 11:30am-12:00pm PsychoSocial Detox Week 1 Day 2 5:30pm-7:30pm
22 Female group HYBRID 2pm-3:30pm	23	24 PsychoSocial Detox Week 2 Day 1 5:30pm-7:30pm	25	26 Naloxone Training 5:30pm-6pm	27 SMART RECOVERY GROUP 5:30pm-7:00pm	28 PsychoSocial Detox Week 2 Day 2 5:30pm-7:30pm
29	30 					