



**House of
Friendship**

STRONGER TOGETHER

Addiction Services | Community Counselling Virtual Group Descriptions

Community Counselling provides both group and brief individual counselling for those who are concerned about their substance use, gambling, gaming and/or technology use and their loved ones. This program also provides assessments and referrals to other House of Friendship Addiction Services' programs and other applicable services throughout the province of Ontario. Individual counselling is available via phone or video and groups are offered virtually via healthcare zoom. **Registration is required for all programs.**

Alcohol and Drug Awareness Seminar (ADAS)

Virtual ADAS is a 2-hour group education session that gives participants an opportunity to complete a series of self-report questionnaires regarding their use of alcohol and/or drugs as well as:

- Information on substances and their effects on the brain and body
- How addiction occurs
- Safer substance use practices
- How to recognize when substance use is a problem
- Overview of House of Friendship's Addiction Services

Concerned Family and Significant Others (CFSO)

Virtual CFSO is a group designed for family members, friends and significant others who are concerned about their loved ones' substance use, gambling, gaming and/or technology use. CFSO virtual group runs twice a month. One session per month is topical where participants are provided with the opportunity to learn strategies to enhance their well-being, to improve their relationship with their loved one and to help engage their loved one in treatment and/or support. One session per month is open discussion. **2nd and 4th Monday of each month: 6:00-8:00 pm**

Considering Change

Considering Change is a 9-session virtual group designed for individuals who have been or are actively using one or more substances, are thinking about making changes to their use and are open to discussing substance use and recovery themes. Participants will develop a greater understanding of substance use, consider how it impacts their physical, mental and emotional well-being and learn about treatment and coping strategies to manage cravings, withdrawal and life stresses. Participants need to attend at least 6 sessions to complete. **Tuesdays: 4:00-5:30pm**

To access these services, please call Here 24/7 at 1-844-HERE247 (1-844-437-3247)



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Maintaining Change

Virtual Maintaining Change is a 9-session group for those who are concerned with their substance use and are committed maintaining changes they have made to their use. This group is based off the Structured Relapse Prevention framework. Participants have the opportunity to increase awareness of their substance use triggers and cravings and learn to improve their ability to cope. The sessions will help participants to identify high-risk situations and implement strategies to avoid, eliminate or manage the risk of relapse. Participants need to attend at least 6 sessions to complete. **Tuesdays: 6:00-7:30pm**

Aftercare

Virtual Aftercare is an up to 16-session group for those who have completed the Maintaining Change group or another treatment program (day treatment or residential treatment) and have a continued goal of abstinence. Participants discuss topics related to their recovery including successes and challenges, and benefit from the opportunity to learn from others experiences as well as enhance their relapse prevention skills. Participants need to attend at least 11 sessions to complete. **Wednesdays: 4:30-6:00pm**

Problem Gambling

The virtual Problem Gambling group is a 12-session group counselling program for individuals concerned with their gambling. The group is based off the Structured Relapse Prevention framework and uses both cognitive and holistic approaches to assist people in making and reaching their goals in relation to gambling. Participants discuss topics related to understanding their gambling, recognizing and coping with urges and triggers, setting goals, and learning alternative coping strategies such as relaxation or grounding techniques. **Biweekly on Fridays: 4:30-6pm**

Older Adult Recovery Group

The virtual Older Adult Recovery group is an ongoing group geared for anyone 55+ who has substance use concerns. Topics include exploring substance use and mental health, relapse prevention and harm reduction, healthy emotions, coping with loss and building connection. Opportunity to join via phone can be explored if access to zoom is unavailable. **Biweekly on Mondays: 1:00-3:00pm**

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Mothers in Recovery

Mothers in Recovery is a virtual, low barrier, drop in style group for female-identifying parents of any age. The group meets weekly for 1.5 hours and offers facilitated open discussion and content delivery in an accepting, non-judgemental environment. Content and discussion focuses on relapse prevention skill building, parenting tools and strategies, emotion regulation and community building. Through this discussion and psychoeducation participants are supported by clinicians and other group members to enhance and maintain their recovery. **Thursdays: 1:00-2:30pm**

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