

## Women's Staged Day Treatment Program

### Introductory Treatment

Thursdays (ongoing)

Virtual Program

3:30-4:30pm

### Intensive Treatment

January 8-19, 2024

Virtual Program

Mon, Wed, Fri 9:30-2:00

Tues, Thurs 9:30-12:30

### Intensive Treatment

Feb 12-23, 2024

**\*9 Day Program**

Virtual Program

Mon, Wed, Fri 9:30-2:00

Tues, Thurs 9:30-12:30

### Intensive Treatment

March 18-28, 2024

**\*9 Day Program**

Virtual Program

Mon, Wed, Fri 9:30-2:00

Tues, Thurs 9:30-12:30

The Women's Staged Day Treatment Program is for women who are concerned with their substance use, and are preparing or taking steps to make changes or maintain changes to their substance use. The program involves Introductory Treatment (Stage 1) and Intensive Day Treatment (Stage 2).

Introductory Treatment is a weekly group focused on skill-building and support, designed to prepare you for participation in the Intensive Day Treatment Program.

Intensive Day Treatment is a two-week group intended for individuals who believe they can benefit from participating in a virtual group counselling program and are committed to a lifestyle that supports their individual substance use goals.

To begin the application process to the Staged Day Treatment Program, one must have their assessment tools completed and sent to Day Treatment. Day Treatment Counsellors will then follow-up to complete a program intake, assess needs and goals, and discuss next steps.

Please note that space in all programs is limited; apply as soon as you are able.

For more information about the Staged Day Treatment Program or other services offered by Day Treatment, please call 519-742-8327 x 276 (Lana) or [daytreatment@houseoffriendship.org](mailto:daytreatment@houseoffriendship.org)

Please contact Here 24/7 to have your assessment tools completed.



**1 844 437 3247**  
(HERE247)

Call anytime to access  
Addictions, Mental Health  
& Crisis Services  
Waterloo-Wellington-Dufferin

If your assessment has already been completed, please have it faxed to (519) 745-3957, attention: Day Treatment.

There is no cost to participate in House of Friendship, Addiction Treatment Services.