

Women's Staged Day Treatment Program**Introductory Treatment**Thursdays (ongoing)**VIRTUAL** (Zoom)

3:30-4:30pm

Intensive TreatmentJan 12-23, 2026**VIRTUAL** (Zoom)

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

Tues, Thurs 9:30-12:30

Intensive TreatmentFeb 17-27, 2026(9 day program, starts Tues
Feb 17)**IN PERSON** (Kitchener)

Mon-Fri 9:30-2:00

The Women's Staged Day Treatment Program is for female-identifying adults who are concerned with their substance use, and are 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), as well as Aftercare options (Stage 3).

Introductory Treatment (Stage 1) is a weekly group focused on skill-building and support, designed to prepare you for participation in the Intensive Day Treatment Program. Introductory Treatment group remains virtual at this time, with the option of attending in-person as needed.

Intensive Day Treatment (Stage 2) is a two-week group intended for individuals who may benefit from participating in a group counselling program and are committed to a lifestyle that supports their individual substance use goals. In-person and virtual program delivery options available. These details will be discussed during the intake process.

Applying to the Program: 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 appointment, assess needs and goals, and discuss next steps.

Please note that space in all programs is limited, so 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 or email daytreatment@houseoffriendship.org

**1 844 437 3247**
(HERE247)Call anytime to access
Addictions, Mental Health
& Crisis Services
Waterloo-Wellington-Dufferin

Please contact Here 24/7 to have your assessment tools completed. If your assessment tools have already been completed, please send to Day Treatment via online portal or fax at 519-745-3957