

topics covered are

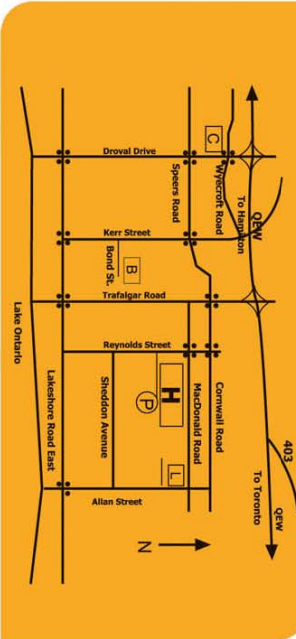


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- definitions
- stages of change
- creating safety
- managing cravings and urges
- recovery thinking
- addressing denial
- self-care and compassion
- asking for help
- boundaries and assertiveness
- emotions
- relationships and communication
- anxiety / relaxation
- values & goal setting

Bridge to Recovery Group
will be held in the Outpatient
Mental Health Clinic located in:

Oakville Corporate Centre
6th Floor, 700 Dorval Drive
Telephone: 905 338 4630
Fax: 905 845 6419



steps towards
your
recovery

Struggling with a Concurrent Disorder?



Bridge to
Recovery Group



Bridge to Recovery Group



A concurrent disorder is a person who experiences a psychiatric disorder (e.g., depression, anxiety disorder) and a substance use disorder. Such diagnoses are of complex nature.

Within Halton Healthcare Services, you can receive support.

The Bridge to Recovery Group is an adjunct program to one of the following services:
(Clients must be attending one of these

programs and referred by their psychiatrist / therapist)

- * Outpatient Psychotherapy (OPS)
- * Mental Health Day Program (MHDP)
- * Concurrent Disorders Program (CD)
- * Medication Review Clinic (MR)

- The Bridge to Recovery Group is a 12 session open-ended group allowing clients rapid access to Concurrent Disorder Treatment.

The group is intended to (1) bridge clients to more intensive services and/or (2) to enhance current treatment received.

Groups are offered at 700 Dorval Drive on the 6th floor. Group times are Mondays from 2:15 - 3:45pm and Wednesdays from 5:30 - 7:00pm. Clients may attend as they wish.