

Vancouver Daytox Schedule

For the period of **Mar 4th- Mar 30th 2024** Daytox will be running the below sessions to help you build recovery skills and foster peer connections.

Mon (Mar 4, 11, 18, 25)	Tue (Mar 5, 12, 19, 26)	Wed (Mar 6, 13, 20, 27)	Thur (Mar 7, 14, 21, 28)	Fri (Mar 8, 15, 22, 29)	Sat (Mar 9, 16, 23, 30)
Check-In (ZOOM) 9:00a—10:00a	Check-In (ZOOM) 9:00a—10:00a	Check-In (ZOOM) 9:00a—10:00a Alumni welcome	Check-In (ZOOM) 9:00a—10:00a	Check-In (ZOOM) 9:00a—10:00a	Check-In (ZOOM) 9:00a—10:00a Alumni welcome
Anger Management (ZOOM) 11:00a—12:00p	Relapse Prevention (ZOOM) 11:00a—12:00p	Stress Management (ZOOM) 11:00a—12:00p OR Smudge and Feather (w/ Junction) 11:00a—12:30p	Recovery 101 (ZOOM) 11:00a—12:00p		CBT (Cognitive Behavioral Therapy) (ZOOM) 11:00a—12:00p
ACUPUNCTURE 1:15p—2:45p Alumni welcome	ACUPUNCTURE 1:15p—2:45p Alumni welcome	ACUPUNCTURE 1:15p—2:45p Alumni welcome	ACUPUNCTURE 1:15p—2:45p Alumni welcome	ACUPUNCTURE 1:15p—2:45p Alumni welcome (No acupuncture Mar 29 th)	
New Client Orientation (IN PERSON) 3:00p—4:30p	Exploring Pain (IN PERSON) 3:00p—4:00p	Science of Recovery (IN PERSON) 3:00p—4:30p	Expressive Arts (IN PERSON) 3:00p—4:00p	Calm and Connect (IN PERSON) 3:00p—4:00p 2nd floor, room 223 Alumni welcome	
			New Client Orientation (ZOOM) 3:00p-4:00p	CLIENT GRADUATION Mar 15 th 3:00-4:00pm	
SMART (IN PERSON) 3:30p—4:30p Robert and Lily Lee Family CHC Room 325		Yoga (IN PERSON) 4:30p—5:30p 2nd floor, room 223 Alumni welcome	Yoga (IN PERSON) 4:30-5:30p 2nd floor, room 223 Alumni welcome		

- Group changes/excpetions:**
- No Calm and Connect Fri March 22nd
 - Stat holiday March 29th there is no acupuncture

New Client Orientation: Session for new clients to ask questions and gather information about the daytox program.

Client Graduation: Graduation ceremony for client who have completed the Daytox Program- the next graduation date is March 15th at 3:00.

How Can I Get Into Daytox?
Call ACCESS at ☎ 1-866-658-1221 for a self-referral

What is Daytox?

Daytox is a day program for recovery from offered by Vancouver Coastal Health, for people whose substance use does not require residential treatment. Daytox is a structured, six week program that operates on the principles of being client- centered and trauma-informed. Clients have the chance to attend a variety of Zoom and in-person groups and also receive one-on-one support while enrolled in the program.

Who can access Daytox?

Daytox is available to adult residents of Vancouver and Richmond areas.

What services are available at Daytox?

Daytox operates on a bio-psycho-social approach. That is a fancy way of saying that we provide programming that helps you take care of your physical, emotional, and social needs.

Daytox provides one-on-one counselling, recovery oriented groups (e.g., relapse prevention), educational groups, practical skills groups (e.g., anger management), and Mindfulness groups. Additionally, you have a chance to connect with a group of like-minded, recovery-focused Individuals. We can also help with referrals to treatment and community case management as needed.

All the Daytox group materials/hand outs, and other community resource flyers, will be available at the [Daytox Drop box](#).

Check-In: a safe space for clients to share current life situations, recovery goals and plans. On Wednesdays and Saturdays we welcome Daytox alumni clients to also participate.

Acupuncture: In person sessions, aids with withdrawal, cravings and helps prevent relapse.

Anger Management: helpful strategies and tools to help you manage anger response.

Relapse Prevention: learn to recognize “red flags” and deal with them before relapse occurs.

Coping with Stress: learn all about the effects of stress and what you can do to reduce it.

Smudge and Feather (w/ Junction): Participate in smudge & feather passing/sharing for those interested. 1669 E. Broadway, Rm 320 (Daytox) Wednesdays at 11am!

Exploring Pain: (in person, 3rd floor, room 320), group to explore physical and emotional pain, how they affected each other and ways to help manage symptoms of pain.

The Science of Recovery: In person (3rd floor, room 320), Topics will include the role of neurotransmitters, human basic needs (hierarchy), Post-Acute Withdrawal Syndrome (PAWS), human connection, habitual behaviour and ACES in recovery.

Expressive Arts: (in person, 3rd floor, room 320- can also access by ZOOM), This is a group that uses creative activities/expression to promote emotional growth and healing. It allows expression of our emotions and thoughts that otherwise may be difficult to put into words. Each week there will be a different activity planned. You do not need to have artistic talent to join the group – expressive arts therapy is about the process of creating rather than the finished product.

Calm and Connect: (In person (2nd floor, room 223), a safe space to practice guided meditation, mindfulness, stretching, and calming breathing exercise. Practicing these skills will help you to connect and regulate your nervous system and ground in the present moment to reduce the feelings of anxiety, stress, and trauma. Yoga matts will be provided, feel free to bring blanket if you would like.

Cognitive Behavioural Therapy (CBT) (ZOOM): Learn how your thoughts/behaviours/feelings are related and helpful tools to being to change your unhelpful thoughts/behaviours/feelings.

Yoga: In person (2nd floor, room 223) Compliment your week with a trauma-informed yoga class inclusive of all experience levels. We have mats; bring yourself and some comfy clothes. Wednesday’s yoga will be chair yoga.

SMART: Self-Management and Recovery Training; open group anyone can attend. <https://www.vch.ca/en/service/smart-recovery#resources--54821>

How Can I Get Into Daytox?

Call ACCESS at ☎ 1-866-658-1221 for a self-referral