

# Vancouver Daytox Schedule

For the period of **May 1<sup>th</sup> – 31<sup>st</sup> 2024** Daytox will be running the below sessions to help you build recovery skills and foster peer connections.

Mon	Tue	Wed	Thur	Fri	Sat
<b>Check-In (ZOOM)</b> 9:00a—10:00a	<b>Check-In (ZOOM)</b> 9:00a—10:00a	<b>Check-In (ZOOM)</b> 9:00a—10:00a <i>Alumni welcome</i>	<b>Check-In (ZOOM)</b> 9:00a—10:00a	<b>Check-In (ZOOM)</b> 9:00a—10:00a	<b>Check-In (ZOOM)</b> 9:00a—10:00a <i>Alumni welcome</i>
<b>Anger Management (ZOOM)</b> 11:00a—12:00p	<b>De-Stress your Life (ZOOM)</b> 11:00a—12:00p	<b>Smudge and Feather (w/ Junction) (IN PERSON)</b> 11:00a—12:30p <i>Alumni welcome</i>	<b>Self- Compassion (ZOOM)</b> 11:00a—12:00p	<b>Recovery and Relapse Prevention (ZOOM)</b> 11:00a—12:00p	<b>CBT (Cognitive Behavioral Therapy) (ZOOM)</b> 11:00a—12:00p
<b>ACUPUNCTURE</b> 1:15p—2:45p <i>Alumni welcome</i>	<b>ACUPUNCTURE</b> 1:15p—2:45p <i>Alumni welcome</i>	<b>ACUPUNCTURE</b> 1:15p—2:45p <i>Alumni welcome</i>	<b>ACUPUNCTURE</b> 1:15p—2:45p <i>Alumni welcome</i>	<b>ACUPUNCTURE</b> 1:15p—2:45p <i>Alumni welcome</i>	<b>Flow Yoga (IN PERSON)</b> 11:00a—12:00p 2nd floor, room 223 <i>Alumni welcome</i>
	<b>Science of Recovery (IN PERSON)</b> 3:00p—4:00p	<b>A.C.T. (IN PERSON)</b> 3:00p—4:30p	<b>Expressive Arts (IN PERSON AND ZOOM)</b> 3:00p—4:00p	<b>Calm and Connect (IN PERSON)</b> 3:00p—4:00p 2nd floor, room 223 <i>Alumni welcome</i>	
<b>SMART (IN PERSON)</b> 3:30p—4:30p Robert and Lily Lee Family CHC Room 325	<b>Chair Yoga (IN PERSON)</b> 4:30p—5:30p 2nd floor, room 224 <i>Alumni welcome</i>				<b>All-Pathways (w/Junction) (IN PERSON)</b> 5:00p-6:00p 2nd floor, room 223 <i>Alumni welcome</i>
<b>All-Pathways (w/Junction) (ZOOM)</b> 6:00p-7:00p <i>Alumni welcome</i>	<b>All-Pathways (w/Junction) (IN PERSON)</b> 6:00p-7:00p 2nd floor, room 223 <i>Alumni welcome</i>	<b>All-Pathways (w/Junction) (ZOOM)</b> 6:00p-7:00p <i>Alumni welcome</i>	<b>All-Pathways Meeting Link:</b> <a href="https://vancouvercoastalhealth.zoom.us/my/junctionallpathways">https://vancouvercoastalhealth.zoom.us/my/junctionallpathways</a> Meeting ID: 244 730 7088 Passcode: 280265		<b>All-Pathways (w/Junction) (ZOOM)</b> 6:00p-7:00p <i>Alumni welcome</i>

**Group changes/exceptions:**

- Stat holiday Mon May 20<sup>th</sup> there is no acupuncture or SMART

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

- In person Mondays 3:00- 4:00p (no orientation stat Monday May 20<sup>th</sup>)
- Zoom Thursdays 3:00-4:00p

**Client Graduation:** Graduation ceremony for client who have completed the Daytox Program- the next graduation date will be in June.

## 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.

**Recovery and Relapse Prevention:** learn to recognize and deal with relapse “red flags” to set yourself up for longer term recovery.

**De-Stress your Life:** learn about the effects of stress and ways to reduce stress in your life.

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

**Self Compassion: (ZOOM)** an educational group discussing how we can work through inner criticism and move towards our goals with greater self-compassion. There are exercises and/or meditations to go along with each week’s topic to build skills in this area.

**The Science of Recovery:** In person (3<sup>rd</sup> 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.

**Acceptance and Commitment Therapy (A.C.T):** in person (3<sup>rd</sup> floor, room 320), an empirically based psychological intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility

**Expressive Arts:** (in person, 3<sup>rd</sup> 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 (2<sup>nd</sup> 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 mats 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 with Tim:** In person (2<sup>nd</sup> 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.

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

**All-Pathways Meeting (w/Junction):** This is a general sharing & mutual support meeting that is inclusive of all pathways and flavors of recovery.

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