

Three Bridges Substance Use Services



We are a Vancouver Coastal Health service that supports adults living in Vancouver wanting to address their substance use. We offer groups, counselling and care coordination.

At intake we provide consultation on your substance use concerns, and explore options and connections to our services. We can also connect you to other supports, such as:

- Daytox, and residential treatment
- Referrals to addiction medicine for OAT and safe supply
- Peer support and self-help groups
- Specialized services for youth / young adults (24 & younger) and older Adults (65 & older)

For an intake or consultation, please drop by, or call us at:

604-331-8905 1128 Hornby Street, 3rd Floor

Our Groups:

- **Earth** – Learn ways to feel better. Join us for breathing, movement, social connections and relaxation. Come sign up! Runs Nov 24th to Dec 5th.
- **Making Change – (Drop in)** A support group for people wanting to make any change in their substance use. **Starting again December 12**
- **Goal Getters** – For people wanting to change their crystal meth use.
- **VAMP/GO VAMP** – A 12 week program for people struggling with substance use. There are two streams - one for gay, bi, queer, and trans men, and a stream open to all genders. Gender diverse folk are welcome in both streams. The program includes groups, education, individual counselling if needed, and program aftercare.
- **GO VAMP Aftercare** – A peer led support group for graduates of GO VAMP
- **Tobacco Support Group – (Drop in)** Is tobacco costing you more than just money? Join us for education, discussion, & bridging to counsellors from Quit Now.
- **Drop In** – For information about addiction services, SMART goal setting, referrals, and personalized care planning. For those who are new to SUS, or are already connected.

All groups are in person

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updated: Nov 15, 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
1:00	Goal Getters (Registration required) 1:00 - 2:00 Group Room A, 3rd Floor	Nov 24 - Dec 5 Earth 12:30 - 2:00 <i>Group Room A 3rd floor</i> Dec 12 - Ongoing Making Change Group (drop-in) 1:00 - 2:00 <i>Group Room A 3rd floor</i>		Goal Getters (Registration required) 1:00 - 2:00 Group Room A, 3rd Floor	
2:00	Drop in 2:30 - 4:00 Monday to Friday				Drop in 2:30 - 4:00
2:30		AG/GO VAMP (Registration required) 2:30 - 4:00 3 rd floor	Tobacco Support Group New Time: 2:00 - 3:00 Group Room B (Drop in!)		AG/GO VAMP (Registration required) 2:30 - 4:00 3 rd floor
3:00		SMART Recovery 3:00-4:00 Room 123 1 st floor			
4:00		Acupuncture (drop-in) 3:45 - 5:00 Room 215	GO VAMP Aftercare (For GO VAMP graduates) 4:00 - 5:30 Group Room A 3 rd floor		Acupuncture (drop-in) 3:45 - 5:00 Room 215
5:00					
After 5:30	Saturday groups!	Starting Nov 21 Refuge Recovery 6:00 - 7:00 (drop in) Room 123	Refuge Recovery 7:00 - 8:00 (drop in) Room 123		
Saturdays: SMART Recovery: 11:00 - 12:00 (in person drop in) Room 215 Refuge Recovery: 3:00 - 4:00 (in person drop in) Room 215					

Yellow programs are drop in!