

Vancouver Daytox Schedule

For the period of **June 5th – July 2nd** Daytox will be running the below sessions to help you build recovery skills and foster peer connections.

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Check-In (ZOOM) 9:00—10:00	Check-In (ZOOM) 9:00—10:00	Check-In (ZOOM) 9:00—10:15 <i>Alumni welcome</i>	Check-In (ZOOM) 9:00—10:00	Check-In (ZOOM) 9:00—10:00	Check-In (ZOOM) 9:00—10:15 <i>Alumni welcome</i>	Open Group (ZOOM) 9:00-10:00
Anger Management (ZOOM) 11:00 – 12:00	Relapse Prevention (ZOOM) 11:00 – 12:00	Coping with Stress (ZOOM) 11:00 – 12:00	Life Skills (ZOOM) 11:00 – 12:00	Recovery 101 (ZOOM) 11:00 – 12:00	Relapse Prevention (ZOOM) 11:00 – 12:00	Self Esteem (ZOOM) 11:00 – 12:00
ACUPUNCTURE 13:15 – 14:45	ACUPUNCTURE 13:15 – 14:45	ACUPUNCTURE 13:15 – 14:45	ACUPUNCTURE 13:15 – 14:45	ACUPUNCTURE 13:15 – 14:45	Shame: Building Resilience (ZOOM only) 13:00-14:00	
SMART 15:30-16:30 (IN PERSON) Robert and Lily Lee Family CHC Room 325	A.C.T. (ZOOM) 15:00—16:00	Science of Recovery (IN PERSON) 15:00—16:00	Expressive Art (IN PERSON and ZOOM) 15:00-16:30	Calm and Connect (IN PERSON) 15:00-16:00 <i>Alumni welcome</i>		
		Yoga (IN PERSON) starts June 14th 16:30—17:30 <i>Alumni welcome</i>	Yoga (IN PERSON) 17:00-18:00 <i>Alumni welcome</i>			

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 groups and also receive one-on-one support by phone or Zoom 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 Zoom groups (e.g., relapse prevention), educational groups, practical skills groups (e.g., anger management), and Mindfulness groups. Additionally, you have a chance to connect on line 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](#).

You can join our Daytox Zoom Meeting at:

<https://zoom.us/j/6046752455>

OR

<https://zoom.us/my/vandaytox>

Password to join Daytox ZOOM meetings: 329869

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.

Life Skills: learn problem solving tools for real life functioning.

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

Open Group: an inclusive and non-judgmental space where clients can share their experiences, offer and receive support, and connect with others who are facing similar challenges.

Self-Esteem: Examine ways to improve self-acceptance and self-esteem.

Acceptance and Commitment Therapy (A.C.T): an empirically based psychological intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility.

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 mats will be provided, feel free to bring blanket if you would like. Daytox alumni clients to also participate.

Yoga: In person (2nd floor, room 223) Compliment your week with a trauma-informed yoga class inclusive of all experience levels. We have mats! Just bring yourself and some comfy clothes. Daytox alumni clients to also participate.

Shame: Building Resilience: Zoom Group An educational group exploring what shame is and the correlation of shame and substance use. A key part of the group will be learning skills and coping strategies to help better manage shame.

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

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