

HOME DETOX SUPPORT GROUPS

November 2024

Join us in learning about addiction and ways you can also support yourself/loved ones. All groups are FREE of charge.

Groups Accessible to the Entire Community

NEW HOLISTIC HEALTH GROUP **In-Person**

Every Wednesday 6pm-7pm
Discover a path to help you take positive steps towards a healthier lifestyle. Group empowers participants to make sustainable positive change.

NEW YOGA & MINDFULNESS

Every Wednesday 7pm-7:30pm **In-Person**
Discover yoga and mindfulness techniques designed to help you manage stress and navigate daily challenges with greater ease and balance

MINDFULNESS **In-Person**

Saturday November 2nd & 16th - 11:30am - 12:00pm
Join us to learn about mindfulness. Spend 30 min relaxing and connecting back to your body and breath.

NALOXONE TRAINING **In-Person**

Thursday November 14th & 28th - 5:30pm - 6:00pm
Learn how to administer Naloxone, what it is, and leave with your own kit to potentially save someone.

SMART RECOVERY **In-Person**

Every Friday - 5:00pm - 6:30pm
Once a week for 10 weeks to learn about the foundations of recovery. Develop recovery plans, and continue building your recovery toolkit.

FAMILY AND FRIENDS SUPPORT GROUP **Hybrid**

Wednesday November 13th - 5:30pm - 6:30pm
Let's have a conversation about supporting individuals with addiction, share challenges, and explore needed support.

PSYCHOSOCIAL DETOX **In-Person**

Every Tuesday - 5:00pm - 7:00pm
Every Saturday - 2:00pm - 4:00pm
Join our 12-week program with 2 groups per week on a continuous intake basis. Participants are encouraged to commit to the full 12 weeks but can also drop in weekly.

Contact us for more information!

Womens Support Group - Clients Only **Hybrid**

Sunday November 10th & 24th - 2:00pm - 3:30pm
Connect in a safe place with women who have or are facing addiction.



WHERE?

HYBRID AND IN-PERSON

Habitat @ 81st Options Office
13583 81 Ave, Surrey BC

CONTACT TO REGISTER

- 604-596-4321 ext 21160
- home.d detox@options.bc.ca



**Advanced Registration is
Required**

RECOVERY IS A JOURNEY. EQUIP YOURSELF WITH THE NECESSARY TOOLS FOR THE JOURNEY.

Charitable Registration # 811786227 RR0001



November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 SMART RECOVERY GROUP 5:00pm-6:30pm	2 PsychoSocial Detox Week 5 Day 2 2pm-4pm Mindfulness Meditation 11:30am-12:00pm
3	4	5 PsychoSocial Detox Week 6 Day 1 5:00pm-7:0pm	6 *NEW* Holistic Health Group 6pm-7pm *NEW* Yoga & Mindfulness 7pm-7:30pm	7	8 SMART RECOVERY GROUP 5:00pm-6:30pm	9 PsychoSocial Detox Week 6 Day 2 2pm-4pm
10 Female group HYBRID 2pm-3:30pm	11 	12 PsychoSocial Detox Week 7 Day 1 5:00pm-7:0pm	13 Family and Friends Support Group Seminar HYBRID 5:30pm-6:30pm *NEW* Holistic Health Group 6pm-7pm *NEW* Yoga & Mindfulness 7pm-7:30pm	14 Naloxone Training 5:30pm-6pm	15 SMART RECOVERY GROUP 5:00pm-6:30pm 	16 PsychoSocial Detox Week 7 Day 2 2pm-4pm Mindfulness Meditation 11:30am-12:00pm
17	18	19 PsychoSocial Detox Week 8 Day 1 5:00pm-7:0pm	20 *NEW* Holistic Health Group 6pm-7pm *NEW* Yoga & Mindfulness 7pm-7:30pm	21	22 SMART RECOVERY GROUP 5:00pm-6:30pm	23 PsychoSocial Detox Week 8 Day 2 2pm-4pm
24 Female group HYBRID 2pm-3:30pm	25	26 PsychoSocial Detox Week 9 Day 1 5:00pm-7:0pm	27 *NEW* Holistic Health Group 6pm-7pm *NEW* Yoga & Mindfulness 7pm-7:30pm	28 Naloxone Training 5:30pm-6pm	29 SMART RECOVERY GROUP 5:00pm-6:30pm	30 PsychoSocial Detox Week 9 Day 2 2pm-4pm