

## ABOUT ADDICTION SERVICES

Addiction Services promotes the health of individuals, families and communities by providing prevention and health promotion programs, community-based counseling, detoxification, education and treatment services related to drugs (alcohol, tobacco, other drugs) and gambling. Our goal is to maintain or improve health and reduce the harm associated with drugs and gambling. We have offices in 12 communities throughout Western Nova Scotia.



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# 2005-2006



## Residential, Education & Treatment Programs

**We deliver professional addiction services throughout Western Nova Scotia**

**Soldiers Memorial Hospital  
Middleton, NS**

**Tel (902) 825-6828**

### Please Contact Us:



**Lunenburg**  
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### Inquiry Form

Name of Program: \_\_\_\_\_

Date of Program Requested: From: \_\_\_\_\_ To \_\_\_\_\_

Name: \_\_\_\_\_ Referred By: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (Cell) \_\_\_\_\_

Health Card # \_\_\_\_\_ E-Mail: \_\_\_\_\_

When we contact you, is it OK to leave a message? Yes\_\_\_No\_\_\_

**Please inquire early. Space is limited & additional information may be required.**

#### Contact us by Phone, Fax, Mail or E-Mail:

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## RESIDENTIAL, EDUCATIONAL & TREATMENT PROGRAMS SCHEDULE 2005-2006

### Structured Treatment Program

This residential treatment program, delivered by Addiction Services since 1978, is designed for those individuals who are experiencing more severe and chronic substance misuse and gambling problems. Education, opportunities for personal reflection and recovery planning are offered over a 3-week period, in a professionally-facilitated group setting.

*(Referral and Assessment Required)*

- October 17 – November 4, 2005
- November 28 – December 16, 2005
- February 6 – 24, 2006
- March 27 – April 13, 2006
- June 12 – 30, 2006
- August 7 – 25, 2006
- October 16 – November 3, 2006
- November 27 – 15, 2006

### Introduction to Addiction: Enhancing Capacity Workshop (ITA)

This interactive workshop is recommended for social workers, police, teachers, clergy, health care and other professionals. It is designed to help participants develop awareness of attitudes and values as they relate to addictions, while increasing skills required for effective prevention, problem identification and referral.

- November 8 – 9, 2005
- February 7 – 8, 2006
- April 25 – 26, 2006
- June 27 – 28, 2006
- September 26 – 27, 2006
- November 21 – 22, 2006

### Addiction Education Program (AEP)

This short term educational program helps individuals better understand the nature of substance misuse, relapse signs and symptoms and suggests coping strategies to avoid future harmful involvement with alcohol, other drugs and gambling.

- November 16 – 18, 2005
- December 19 – 21, 2005
- January 11 – 13, 2006
- February 1 - 3, 2006
- March 8 – 10, 2006
- April 19 – 21, 2006
- May 17 – 19, 2006
- June 7 – 9, 2006
- July 5 – 7, 2006
- August 2 – 4, 2006
- September 20 – 22, 2006
- October 11 – 13, 2006
- November 15 – 17, 2006
- December 18 – 20, 2006

### Women's Life Enhancement Program

This is a program for women only. In a non-judgmental atmosphere that encourages learning, exploration and self-development, participants explore common experiences (e.g. relationships, parenting, abuse, poverty) and how these may influence their own alcohol, drug and gambling problems. Participants complete the program with a personal recovery plan, which includes self-care activities and increased knowledge of appropriate community resources.

- May 29 – June 2, 2006
- November 20 – 24, 2006

### ASAP

#### Adolescent Substance Abuse Program

This 2-day program for teenagers age 13-18 provides information on alcohol and other drugs while offering adolescents an opportunity to explore themes like harmful involvement, feelings, self-esteem, relationships, relapse prevention and support options.

- October 15 – 16, 2005
- January 21 - 22, 2006
- July 10 - 11, 2006

#### Gambling Unplugged

This weekend program begins at 5:00 pm on Friday afternoon and runs to Sunday at 5:00 pm. It is intended to help problem gamblers explore the skills needed to avoid harmful behavior and helps participants lay the foundation for a meaningful recovery plan.

- January 13 – 15, 2006
- March 24 – 26, 2006
- June 9 – 11, 2006
- September 22 – 24, 2006

#### Seminar for Family, Friends & Co-workers

Addictions affect family members, friends and co-workers. This seminar will use talks by Addiction Services staff and lots of question time to show how addiction affects everyone who is harmfully involved. Emphasis will be placed on education, prevention and dealing with personal reactions to another's behavior. Adults and children 10 and up are encouraged to register.

- November 8, 2005
- February 7, 2006
- April 18, 2006

### Spirituality and Recovery Weekend

This Friday evening to Sunday noon program is an opportunity for persons in recovery to share those aspects of spirituality that have been most helpful in their own lives. Participants will identify their present growing edge and will look at what may be helpful for the journey ahead.

- November 4 - 6, 2005
- April 7 - 9, 2006
- November 3 - 5, 2006

#### Nicotine Addiction Treatment Sessions offered every Tuesday 6:30-7:30 pm & 7:30-8:30 pm

This one-hour group session provides reliable information and support on a weekly basis to individuals who want to quit or cut back on tobacco use. No appointment necessary! *(This is not a residential program.)*

#### Important Information

- There are no fees for these publicly funded programs.
- Shared rooms and meals are available for registered participants.
- Participants are welcome to attend programs as day clients.
- Soldiers Memorial Hospital is a totally smoke-free and scent-free environment.
- Dress is casual. Please bring an adequate supply of appropriate clothing
- All residential clients will be asked, in confidence, to identify health issues and will be responsible for managing any prescribed or other medication.

**Please Note:** Program schedules are subject to change. Additional Programs may be offered as needs arise. To learn more about programs in Middleton or throughout Western Nova Scotia, please contact any Addiction Services office. We're listed in the white pages of the Aliant telephone directory.