

Intensive Addiction Day Treatment Group Program

About This Program

IADTP programs supports clients and family members to overcome substance use issues and related problems in English.


This group program is conducted every Friday of the month, from 10am to 12pm on zoom.


Psychoeducation is provided to clients and their family members on substance use related issues, mental health and life skills.


What To Expect

- ✓ Weekly support and discussions
- ✓ Learn coping strategies for cravings, triggers and emotions
- ✓ A safe space to talk about relationships, boundaries and mental wellness

Who Can Join?


Individuals working towards recovery and maintenance from substance use


Individuals who want support, connect and tools to stay on track


Open to participants in other programs at PCHS



Every Friday
of the Month



Time
10.00 AM - 12.00 PM



Zoom