

Harm Reduction Services:

Day Treatment Programs

Program Name	Contact Information / Eligibility Criteria
ADAPT (Halton Region)	<p>Community Withdrawal Management Services (CWMS) offers an alternative to residential withdrawal management, where individuals who can safely withdrawal from alcohol and/or other drugs are able to do so in a safe and supportive community environment.</p> <p>Services Include: Screening/intake + assessment; individual counselling; group counselling; pre-withdrawal planning; acute and post-acute withdrawal monitoring and support; transitional case management.</p> <p>This is a self-referral program; to access call 1-877-517-2237</p> <p>Website: https://haltonadapt.org/contact-us/</p>
Homestead, Salvation Army	<p>During COVID running virtual relapse prevention program</p> <p>Women's Groups: Mondays, Wednesdays + Fridays; 10:30 am to noon.</p> <p>Men's Groups: Tuesdays + Thursdays; 10:30 am to noon.</p> <p>To register call: 416-431-4379 ext. 221 or danielle@salvationarmyhomestead.org</p> <p>Website: https://torontoharbourlight.ca/salvation-army-homestead/</p>
Humber River Hospital, Wilson Site	<p>Monday-Friday, for 4 weeks; abstinence based; treatment includes group and one-to-one counselling, family sessions and assignment; provides introduction to the 12-Step program.</p> <p>This is a self-referral program; new sessions begin every Monday.</p> <p>To register call: 416-242-1000 ext. 43170</p> <p>Website: https://www.centralhealthline.ca/displayService.aspx?id=199785</p>

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Jean Tweed	<p>21 day treatment program (Monday to Friday 9am to 4pm) for women 16+</p> <p>The program includes: Individual counselling, group counselling, educational sessions, a family program, child development support and a wellness component.</p> <p>This is a self-referral program; to register call 416-255-7359 ext. 227</p> <p>Website: https://jeantweed.com/referrals/</p>
Michael Garron Hospital	<p>The day treatment program is offered five days a week from Monday to Friday; the expected length of stay in the program is four months; following discharge, clients may attend a weekly support group (one hour) for eight weeks.</p> <p>The treatment includes: Psychoeducational groups; Individual Supportive Therapy; Ongoing Medication Review.</p> <p>This program requires a doctor's referral</p> <p>Website: https://www.tehn.ca/programs-services/mental-health-addiction/day-treatment-program</p>
Peel Addiction Assessment and Referral Centre (PAARC), Peel Region	<p>Community Withdrawal Management at PAARC offers support to people who want to stay home while withdrawing from alcohol and other drugs and do not require residential withdrawal management programming.</p> <p>The program includes: Day Withdrawal Management (daily for up to 3 weeks) or Mobile Withdrawal Management in your home.</p> <p>This is a self-referral program; to access call 905-629-1007 ext. 0</p> <p>Website: https://www.paarc.com/programs/</p>

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St. Joseph's Health Centre	<p>This is a day withdrawal service for people with mild withdrawal symptoms; program focuses on: provision of safety; assistance in motivating individuals towards positive lifestyle change; and, help with facilitating that change by conducting comprehensive assessments and making appropriate referrals to ongoing support.</p> <p>This is a self-referral program; to register call: 416-530-6141</p> <p>Website: https://www.torontocentralhealthline.ca/displayService.aspx?id=196680</p>
St. Michael's Hospital	<p>Community and day withdrawal program runs 5 days per week.</p> <p>The programming includes: Education sessions focused on addiction, Life skills, Healthy lifestyle; Non-medical assistance with withdrawal including referrals to addiction physicians when required; individual, group, family counselling.</p> <p>Eligibility criteria: Men 18 years old +</p> <p>To access call central access at 1-866-366-9513</p> <p>Website: https://unityhealth.to/areas-of-care/programs-and-clinics/mental-health-and-addictions/</p>
Women's Own Withdrawal Management, UHN	<p>Community Withdrawal Management works with women over 16 years old.</p> <p>The services offered include: Creation of a plan to help with withdrawal issues or other related problems; Monitor progress to see if there are any problems with physical, Medical or mental health; Personal counselling; Teach recovery skills/ relapse prevention; Community referrals if necessary; Provide telephone support 24 hours a day, 7 days a week.</p> <p>This is a self-referral program; to access call central access 1-866-366-9513.</p> <p>Website: https://www.uhn.ca/MCC/Clinics/Women_Withdrawal_Management</p>