

What is Men's Day Treatment?

*The Men's Day Treatment
Program is:*

- *group counselling for men
whose lives are affected by
alcohol or other drug use*
- *designed to address a range of
issues relevant to men's needs
including:*
 - *skills for achieving a
healthy lifestyle*
 - *increasing self-awareness*
 - *relapse prevention*
 - *assistance in finding and
maintaining a support
system*

Funded by:
Ministry of Health, Interior Health Authority

**For further information
or to register,
contact the following:**

Richard Leesman,
Coordinator
250-489-4344

or
the addictions counsellor
at your local office

Cranbrook

202-1617 Baker Street
Cranbrook, BC V1C 1B4
Ph: 250-489-4344
Fax: 250-489-1020
Email: ekand@cintek.com

Columbia Valley

625 Fourth Street
Box 2289
Invermere, BC V0A 1K0
Ph: 250-342-3868
Fax: 250-342-3850
Email: colvalad@telus.net

Elk Valley

802 Second Avenue
Box 2049
Fernie, BC V0B 1M0
Ph: 250-423-4423
1-800-644-6144
Fax: 250-423-6698

**East Kootenay
Addiction Services Society**

Dec 05

**East Kootenay
Addiction Services
Society**

Men's Day Treatment Program

**For men living in the
East Kootenay region who
need intensive counselling
but who are unable
to leave the region for
residential treatment**

Men's Day Treatment Program

Who should attend?

- men who identify alcohol and/or other drug misuse as a problem in their lives
- men who can be alcohol and/or drug free for 7 days prior to the program
- men who can be alcohol and/or drug free for the duration of the program
- men who desire to make life changes through participation in the program
- men must be willing and prepared to:
 - engage in intense personal and emotional work
 - work in a cooperative and respectful way with others

When is the program offered?

The Program is held at various times throughout the year.

The schedule is:

Monday to Friday
9:00 a.m. to 1:00 p.m.
4 weeks

The Program is open to men living in the East Kootenay region

What topics are included?

Self Esteem

Men & Depression

Anger/Assertiveness

Relationship Issues

Family of Origin Issues

Relapse Prevention

Spirituality