

What is Women's Day Treatment?

The Women's Day Treatment Program is:

- *group counselling for women whose lives are affected by alcohol or other drug use*
- *designed to address a range of issues relevant to women'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:

Rebecca White, Coordinator
250-489-4344 or
the Addictions Counsellor
at your local office

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**East Kootenay
Addiction Services Society**

Sep 05

East Kootenay Addiction Services Society

Women's Day Treatment Program

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

Women's Day Treatment Program

Who should attend?

- women who identify alcohol and/or other drug misuse as a problem in their lives
- women who can be alcohol and/or drug free for two weeks prior to the program
- women who can be alcohol and/or drug free for the duration of the program
- women who desire to make life changes through participation in the program
- women 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 in different communities throughout the year

Depending on the community, the schedule is:

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

or

Monday to Friday
9:00 a.m. to 3:00 p.m.
3 weeks

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

What topics are included?

Women's Health

Self Esteem

Blues & Depression

Anger/Assertiveness

Family Dynamics

Family Violence

Relapse Prevention

Sexuality

Spirituality

