

Vancouver Daytox Weekly Schedule

For the period of December 2nd 2024 through January 5th, 2025

New Details in Red

Alternate Locations in Purple

Mon	Tue	Wed	Thur	Fri	Sat	
Check-In (ZOOM & IN PERSON) 9:00a—10:00a	Check-In (ZOOM & IN PERSON) 9:00a—10:00a	Check-In (ZOOM & IN PERSON) 9:00a—10:00a <i>Alumni welcome</i> <i>Closed Dec 25 & Jan 1</i>	Check-In (ZOOM & IN PERSON) 9:00a—10:00a <i>Closed Dec 26th</i>	Check-In (ZOOM & IN PERSON) 9:00a—10:00a	Check-In (ZOOM & IN PERSON) 9:00a—10:00a <i>Alumni welcome</i>	
A.C.T. (Acceptance & Commitment Therapy) (ZOOM & IN PERSON) 11:00a—12:00p	Recovery Dharma (ZOOM & IN PERSON) 11:00a—12:00p	Smudge and Feather (w/ Junction) (IN PERSON) 11:30a- 1:30p <i>Alumni welcome</i> <i>Closed Dec 25 & Jan 1</i>	Science of Recovery (ZOOM & IN PERSON) 11:00a—12:00p <i>Closed Dec 26th</i>	Shame Resilience (ZOOM & IN PERSON) 11:00a—12:00p	DBT (Dialectical Behavioral Therapy) (ZOOM) 11:00a—12:00p	
ACUPUNCTURE 1:15p—2:45p <i>Alumni welcome</i>	ACUPUNCTURE 1:15p—2:45p <i>Alumni welcome</i>	ACUPUNCTURE 1:15p—2:45p <i>Alumni welcome</i> <i>Closed Dec 25 & Jan 1</i>	ACUPUNCTURE 1:15p—2:45p <i>Alumni welcome</i> <i>Closed Dec 26th</i>	ACUPUNCTURE 1:15p—2:45p <i>Alumni welcome</i>		
December 16th 3-7pm Holiday Party! Japanese Hall (487 Alexander St.)	Rest & Restore Yoga w/ TJ (IN PERSON) 4:30p—5:30p 2 nd floor, room 223 <i>Alumni welcome</i>		PEER PANEL (IN PERSON) December 19 th ONLY 6-7pm @RLL <i>*come learn from peers & alumni*</i>	Calm and Connect (IN PERSON) 3:00p—4:00p 2 nd floor, room 223 <i>Alumni welcome</i>	All-Pathways (w/Junction) (IN PERSON) 5:00p-6:00p 2 nd floor, room 223 <i>Alumni welcome</i>	
Art Expressions (w/Junction) (IN PERSON) @THREE BRIDGES 2:30p-4p - Rm 215 <i>Closed Dec 16th</i>		SMART (Women) (IN PERSON) 6:30p – 7:30p Three Bridges - Rm 215 <i>*runs every other week*</i> <i>All SMART Closed Dec 25 & Jan 1</i>				2SLGBTQIA+ All-Pathways (w/Junction) (IN PERSON) @THREE BRIDGES 4:30p-5:30p -Rm 215 <i>Closed Dec 26th</i>
SMART (IN PERSON) 3:30p—4:30p Robert and Lily Lee Family CHC Rm 325						
All-Pathways Meeting Link: https://vancouvercoastalhealth.zoom.us/my/junctionallpathways Meeting ID: 244 730 7088 Passcode: 280265						
All-Pathways (w/Junction) (ZOOM) 6:00p-7:00p <i>Alumni welcome</i> <i>(Closed Dec 16th)</i>	All-Pathways (w/Junction) (ZOOM OR IN PERSON) 6:00p-7:00p 2 nd floor, room 223 <i>Alumni welcome</i>	All-Pathways (w/Junction) (ZOOM) 6:00p-7:00p <i>Alumni welcome</i> <i>Closed Dec 25 & Jan 1</i>	All-Pathways (w/Junction) (ZOOM) 6:00p-7:00p <i>Alumni welcome</i> <i>Closed Dec 26th</i>		All-Pathways (w/Junction) (ZOOM) 6:00p-7:00p <i>Alumni welcome</i>	

New Client Orientation/Meet & Greet: Session for new clients to ask questions and gather information about the daytox program. *The first 30 mins will be in a group format, then you'll meet one of our staff 1:1 to build your individual treatment plan. *You must first register for Daytox to attend orientation**
- In person & online Wednesdays Dec 4th, 11th, 18th 3pm – 4:30pm

Hours & Certificate: Daytox is a 12 week program. It takes 60 hours of program time to receive a completion certificate. Hours can include all groups on this calendar and 1:1 meetings with staff. Although we do not currently require Daytox participants to attend a minimum number of groups per week, outpatient intensive day treatment does have a “dose” response. We suggest attending 5-8 hours per week on average, however we understand that this may not be possible for everyone, and folks report benefits at various levels of attendance.

Client “Level Up!” Ceremony: Participants are welcome to attend our **Level Up!** ceremony to celebrate those who have completed the Daytox Program and are taking the next step in their recovery journey – the next ceremony will take place **Friday January 17th, 2025 in room 223 at Robert & Lily Lee Family Clinic**

How Can I Get Into Daytox?
Call ACCESS at ☎ 1-866-658-1221 for a self-referral

What is Daytox?

Daytox is a day program for recovery from offered by Vancouver Coastal Health, for people whose substance use does not require residential treatment. Daytox is a structured, 8-12 week program that operates on the principles of being client-centered and trauma-informed. Clients have the chance to attend a variety of Zoom and in-person groups and also receive one-on-one support while enrolled in the program.

Who can access Daytox?

Daytox is available to adult residents of Vancouver and Richmond areas.

What services are available at Daytox?

Daytox operates on a bio-psycho-social approach. That is a fancy way of saying that we provide programming that helps you take care of your physical, emotional, and social needs.

Daytox provides one-on-one counselling, recovery oriented groups (e.g., relapse prevention), educational groups, practical skills groups (e.g., anger management), and Mindfulness groups. Additionally, you have a chance to connect with a group of like-minded, recovery-focused Individuals. We can also help with referrals to treatment and community case management as needed.

All the Daytox group materials/hand outs, and other community resource flyers, will be available at the [Daytox Drop box](#).

Check-In: (ZOOM) a safe space for clients to share current life situations, recovery goals and plans. On Wednesdays and Saturdays we welcome Daytox alumni clients to also participate.

Acupuncture: (In-Person, 3rd Floor, Room 320) In person sessions, aids with withdrawal, cravings and helps prevent relapse.

Recovery Dharma: (ZOOM) a peer-led community that is unified by our trust in the potential of each of us to recovery and find freedom from the suffering of addiction. Meetings include a guided meditation, a reading from the Recovery Dharma book and sharing.

Peer Panel: (In-person) Curious about options after Daytox? Come to our monthly peer panel & hear from peers & alumni about what worked for them after completing Daytox & review options for the next steps on your individual recovery journey!

Smudge and Feather (w/ Junction): (In-person) Participate in smudge & feather passing/sharing for those interested. 1669 E. Broadway, Wednesdays at 11:30am!

Shame Resilience: (Zoom) An educational group exploring what shame is and the correlation of shame and substance use. A key part of the group will be learning skills and coping strategies to help better manage shame.

The Science of Recovery: In person AND zoom (3rd floor, room 320), Topics will include the role of neurotransmitters, human basic needs (hierarchy), Post-Acute Withdrawal Syndrome (PAWS), human connection, habitual behaviour and ACES in recovery.

Acceptance and Commitment Therapy (A.C.T): in person AND zoom (3rd floor, room 320), an empirically based psychological intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility

Art Expressions: (in person with Junction @Three Bridges Clinic in room 215). This is a group that uses creative activities/expression to promote emotional growth and healing. It allows expression of our emotions and thoughts that otherwise may be difficult to put into words. Each week there will be a different activity planned. You do not need to have artistic talent to join the group – Art Expressions is about the process of creating rather than the finished product.

Calm and Connect: (In person (2nd floor, room 223), a safe space to practice guided meditation, mindfulness, stretching, and calming breathing exercise. Practicing these skills will help you to connect and regulate your nervous system and ground in the present moment to reduce the feelings of anxiety, stress, and trauma. Yoga mats will be provided, feel free to bring blanket if you would like.

Dialectical Behavioural Therapy (DBT) (ZOOM): Expands on concepts from Cognitive Behavioral Therapy, specifically related to developing interpersonal skills and tools for dealing with intense emotions.

Yoga with TJ: In person (2nd floor, room 223) Compliment your week with a trauma-informed yoga class inclusive of all experience levels. We have mats; bring yourself and some comfy clothes.

SMART: Self-Management and Recovery Training; open group anyone can attend. <https://www.vch.ca/en/service/smart-recovery#resources-54821>

All-Pathways Meeting (w/Junction): (Zoom OR in-person, check calendar for specifics) This is a general sharing & mutual support meeting that is inclusive of all pathways and flavors of recovery.

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