

# Men's Day Treatment

## Frequently Asked Questions

### **I am interested and want to get into the program, how do I do that?**

- Call and schedule an appointment with our Assessment Coordinator at 705-674-4193 ext. 3224.

### **I have a start date for treatment, what do I need to know for my first day?**

- Treatment runs in 5-week cycles. If you miss the first two days of treatment, you will have to wait for the next cycle to start. Our Connections Counsellor is there to support you while you wait. You can reach this staff at 705-674-4193 ext. 4024.
- Programming starts at 10:00 a.m. and ends at 3:00 p.m., Monday to Friday – closed on statutory holidays.
- Lunch is provided.
- You will be assigned a Primary Addictions Counsellor with whom you can connect for one-on-one discussions.
- You will be participating in afternoon group sessions.
- You will hear from agencies that can help you in your recovery.
- You will hear from people who are in recovery and be inspired by their personal experience.
- You will be asked to check-in and check-out with the treatment group each day.

### **Is there anything I can't do when attending this treatment program?**

- You are asked to attend each day of the week. If you have outside appointments scheduled on Treatment days, you will need to speak with your Primary Counsellor **in advance**.
- You are asked to be mindful of the clothing you wear. Please don't wear shirts with logos that promote substance use such as beer labels. This can trigger others.
- You **cannot** attend Treatment **while under the influence** – if this happens, your Counsellor will speak with you.

### **I have completed this treatment program, now what?**

- You will receive the support of the Connections Counsellor for up to 6 months following your transition.
- The Connections Counsellor can help you with referrals, support and anything else needed to successfully attain the goal(s) you have set.
- You can attend the weekly Men's Community Program meeting on Wednesday nights at 6:30 p.m. at the Men's Recovery Home, located at 402 Brady Street.