

# Treatment Options at Addiction Outpatient Treatment (AOT)

Address: 2nd Floor, 1250 Quadra St

Phone: 250-519-3544

## Intake Process and Open File are Required:

All AOT services require you to go through an intake process and have your file opened. To start this process, call or visit the Mental Health & Substance Use Intake office at 1119 Pembroke St. They are open Monday to Friday, 8:30am to 4:30pm, excluding statutory holidays. The Intake phone number is 250-519-3485.

---

## Drop-In Groups: *Clients must have an open file with AOT to attend these groups.*

### Strategies Group – Tuesdays 1:15 pm - 2:45 pm

This is a supportive process group with some psycho-education for people who are concurrently addressing mental health and alcohol/drug issues. It has a harm reduction focus for those wishing to reduce harm caused by their use or those who are struggling with attaining their goal of abstinence. Abstinence is not required, but clients must be clean and sober 24 hours prior to the group. Speak with your counsellor regarding your suitability for this group.

### Evening Women's Support Group – Tuesdays 6:30 pm - 8:30 pm

EWSG is a supportive process group with some psycho-education. Abstinence is not required, but clients must be clean and sober 24 hours prior to the group. This group is for both substance affected and those who have been using substances.

### Evening Men's Support Group – Tuesdays 6:30 pm - 8:30 pm

EMSG is a supportive process group with some psycho-education. Abstinence is not required, but clients must be clean and sober 24 hours prior to the group. This group is for both substance affected and those who have been using substances.

### Afternoon Women's Support Group – Thursdays 1:30 pm - 3:30 pm

AWSG is a supportive process group with some psycho-education. Abstinence is not required, but clients must be clean and sober 24 hours prior to the group.

### Afternoon Men's Support Group – Thursdays 1:30 pm - 3:30 pm

AMSG is a supportive process group with some psycho-education. Abstinence is not required, but clients must be clean and sober 24 hours prior to the group.

---

## Employment: *Clients must have a referral from their counsellor for this service.*

### Networks Employment – By appointment only

Networks provides practical ongoing one-to-one support by regular appointment. It is for those with mental health and/or substance use who are wanting to find or keep work. Clients must be following a treatment plan through a counsellor, doctor, or other mental health professional. Abstinence is not required, but clients must be clean and sober 24 hours prior to their appointment.