

SAH – MENTAL HEALTH AND ADDICTIONS GROUPS

To Register call 705-759-3434 X4600 Fax #256-3453 - For ATC Groups, call Terri Nicholson 705-7593434 x4170

*****PLEASE NOTE: Psychotherapy groups require a Psychiatrist referral*****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>(9:30 – 11:30) DBT Graduate Virtual *Referral required Call 705-759-3434 X 4600 to Register</p>	<p>(9:30 – 12:30) Eating Disorders Group (CBT-E) Starting April 1 *Referral required Call 705-759-3434 X 4634 to Register</p>	<p>(1:00 – 2:30) Concurrent Disorder Group Virtual Call 705-759-3434 X 4170 to Register</p>	<p>(10:00 – 12:00) CBT Transdiagnostic Virtual or In-person Call 705-759-3434 X 4600 to Register</p>	
	<p>(10:00 – 12:00) Peri-Natal Mental Health Group Virtual or In-person Call 705-759-3434 X 4600 to Register</p>	<p>(1:15 – 3:00) Women's DBT Virtual *Referral required Call 705-759-3434 X 4600 to Register</p>	<p>(1:00 – 2:00) Men's Psychotherapy *Referral required In-person Call 705-759-3434 X 4600 to Register</p>	
<p>(1:00 – 3:00) CBT Trans-diagnostic In-Person *Referral required Call 705-759-3434 X 4600 to Register</p>	<p>(1:00 – 4:00) DBT Extended (closed group) In-Person *Referral required Call 705-759-3434 X 4600 to Register</p>	<p>(1:00 – 3:00) Continuing Care Addiction Treatment Counselling 123 East Street To Register call at 705-759-3434 Ext 4170</p>	<p>(1:00 – 3:00) DBT- Young Adults (16-24) In Person *Referral required In-Person Call 705-759-3434 X 4600 to Register</p>	
		<p>(2:00 – 3:00) Women's Psychotherapy Virtual or In-person *Referral required Call 705-759-3434 X 4600 to Register</p>	<p>(2:30 – 4:00) Let's talk about MH&A for Caregivers Northway Wellness Centre Location To Register call at 705-759-3434 Ext 4170</p>	
<p>(4:15 – 6:00) DBT Skills Evening Virtual *Referral required Call 705-759-3434 X 4600 to Register</p>			<p>(5:00 – 7:30) Family Information Session 3rd Thursday of each month Addiction Treatment Counselling 123 East St. Location To Register call at 705-759-3434 Ext 4170</p>	