

Vancouver Daytox Weekly Schedule

For the period of March 31st to May 4th 2025

New Details in Red

Alternate Locations in Purple

| Mon | Tue | Wed | Thur | Fri | Sat |
|---|--|---|--|--|--|
| Check-In (ZOOM & IN PERSON) 9:00a—10:00a <i>Closed April 21st</i> | Check-In (ZOOM & IN PERSON) 9:00a—10:00a | Check-In (ZOOM & IN PERSON) 9:00a—10:00a <i>Alumni welcome</i> | Check-In (ZOOM & IN PERSON) 9:00a—10:00a | Check-In (ZOOM & IN PERSON) 9:00a—10:00a <i>Closed April 18th</i> | 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 <i>Closed April 21st</i> | Recovery Dharma (ZOOM & IN PERSON) 11:00a—12:00p | PEER PANEL (IN PERSON & Zoom) <i>April 9th ONLY</i> 11:30a – 12:30p <i>Alumni welcome</i> | Science of Recovery (ZOOM & IN PERSON) 11:00a—12:00p | Shame Resilience (ZOOM & IN PERSON) 11:00a—12:00p <i>Closed April 18th</i> | CBT (Cognitive Behavioral Therapy) (ZOOM & IN PERSON) 11:00a—12:00p |
| ACUPUNCTURE 1:15p—2:45p <i>Alumni welcome</i> <i>Closed April 21st</i> | 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> | ACUPUNCTURE 1:15p—2:45p <i>Alumni welcome</i> <i>Closed April 18th</i> | |
| | | | <i>April 17th ONLY!</i> Talking With Your Doctor (IN PERSON) 2:00-3:30pm THRIVE Program at Open Door Group <i>*sign up with link below to attend!</i> | | <i>April 12th & 26th ONLY</i> Trauma 101 Workshop (ZOOM & IN PERSON) 1:00p – 2:30p <i>*come learn the basics about trauma & how it impacts the brain, body, & substance use</i> <i>Alumni welcome</i> <i>April 26th Only</i> |
| Art Expressions (w/Junction) (IN PERSON) @THREE BRIDGES 2:30p-4p - Rm 215 <i>Alumni welcome</i> <i>Closed April 21st</i> | Zen Out (IN PERSON) 4:30p—5:30p 2nd floor, room 223 <i>Alumni welcome</i> | Smudge & Feather (w/Junction) (IN PERSON) @312 Main St. Ground Floor, Sound Rm 1:30p – 3p Circle followed by various cultural & recovery activities 3:30p – 6p <i>Alumni welcome</i> | 2SLGBTQIA+ All-Pathways (w/Junction) (IN PERSON) @THREE BRIDGES 4:30p-5:30p -Rm 215 | Level Up Ceremony! <i>April 25th ONLY!</i> (IN PERSON & Zoom) 2:00p-3:30pm Rm 223 <i>*come cheer on those who are becoming Daytox alumni!</i> | |
| SMART (IN PERSON) 3:30p—4:30p Robert and Lily Lee Family CHC Rm 325 <i>Alumni welcome</i> <i>Closed April 21st</i> | | Navigating Within (w/Junction) (IN PERSON) 6:00p – 7:30p – Rm 223 <i>April 9, 16, 23, 30th Only</i> <i>*sign up with Junction to attend!</i> | NEW GROUP ALERT! CrossTox (IN PERSON) 5:00-6:00pm RLL Rm 223 <i>Alumni welcome</i> <i>Learn to apply SMART tools to your daily life in recovery</i> | | All-Pathways (w/Junction) (IN PERSON) 5:00p-6:00p 2 nd floor, room 223 <i>Alumni welcome</i> |
| 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> | 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> | All-Pathways (w/Junction) (ZOOM) 6:00p-7:00p <i>Alumni welcome</i> | | All-Pathways (w/Junction) (ZOOM) 6:00p-7:00p <i>Alumni welcome</i> |

To register for the Talking With Your Doctor workshop:
<https://recoverycollegevr.ca/course/talking-with-your-doctor-in-person>



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**

Hours & Certificate: Daytox is a 12 week groups-based program supplemented by 1:1 support. 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. **Starting in March 2025 we ask participants to attend at minimum 4-6 groups per week on average.** Intensive day treatment does have a “dose” response & we want folks to make the most of their time with us.

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 April 25th, 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 substance use 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.

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 navigation, and 1:1 peer support. 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](#).

Group Descriptions

Check-In: (Zoom/In-person) a safe space for clients to share current life situations, recovery goals and plans. 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/In-person) 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 & ZOOM) Curious about options after Daytox? Come to our monthly panel & hear from peers & alumni about what worked for them after completing Daytox & review options for the next steps on your individual recovery journey!

Navigating Within: (In person (2nd floor, room 223): Discover your mindset about substance use, rewrite your journey of recovery from within. 4 sessions. *Sign up with Junction to attend.

Smudge and Feather (w/ Junction): (In-person) Participate in smudge & feather passing/sharing at 312 Main St. in the Sound room on the ground floor from 1:30-3pm Wednesdays.

Shame Resilience: (Zoom/in-person) 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: (zoom/in-person) 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): (zoom/in-person), 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 @Three Bridges, 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.

Zen Out: (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 provided, feel free to bring blanket if you would like.

Crosstox: (In-person, 2nd floor, rm 223) This is a supportive, peer led group focused on personal growth through open discussion, brainstorming, and sharing experiences. It's a space for individuals to connect, learn from, and empower each other on their recovery journey. We emphasize using practical S.M.A.R.T Recovery tools and explore how to apply them in daily life. Participants are encouraged to share what's worked for them, offering insights on maintaining and improving recovery, emotional well-being, and setting intentional goals. This group helps individuals stay focused, motivated, and empowered in their recovery.

Cognitive Behavioral Therapy: (Zoom/in-person) Learn how your thoughts/behaviours/feelings are related and helpful tools to being to change your unhelpful thoughts/behaviours/feelings.

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.

Talking With Your Doctor: (In person @ the THRIVE Program at Open Door Group [300 – 1338 West Broadway, Vancouver, BC]), a peer-led, 1.5 hr workshop to empower patients to be active participants in their health care. Using the PACE framework, explore common challenges with doctor-patient interactions and learn techniques on how to improve them. *Registration Required: <https://recoverycollegevr.ca/course/talking-with-your-doctor-in-person>

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