

Challenge & Change

Challenge & Change is a weekly 90 minute education and support group for clients registered with Delta Mental Health & Substance Use Services.

If the following statements sound familiar--talk to your Case Manager about a referral.

“How is alcohol or drug use affecting my mental health and well-being?”

“How is it affecting physical health?”

“I want to learn new coping skills to manage my emotions.”

“I keep relapsing and want to learn more about triggers and how to deal with cravings.”

“I want to learn more about the recovery process.”

“I don’t know if I am ready to make a change.”

“I am ready for a change, how do I start?”



Delta Mental Health & Substance Use Services

North Centre:

#129-6345-120th Street
Delta, BC
V4E 2A6
604.592.3700

South Centre:

#15-1835-56th Street
Delta - Tsawwassen, BC
V4L 2L8
604.948.7010

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Other Useful Contacts:

Fraser Health Crisis Line
604.951.8855
1.877.820.7444

Alcohol & Drug Information
& Referral Service
604.660.9382
1.800.663.1441

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Challenge & Change Concurrent Disorders Group



Education
Skills Development
Coping Strategies
Support
Group Therapy

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#129-6345-120th Street,
Delta, BC
604.592.3700

#15-1835-56th Street
Delta - Tsawwassen, BC
604.948.7010

Challenge & Change



Group Format

Challenge & Change is an open format group that meets for 90 minutes per week. *Current location is subject to change.*

This is often the first group experience for clients dealing with mental health and substance use issues.

Challenge & Change is facilitated by a *Concurrent Disorders Therapist*. Co-facilitation with another health professional may also be provided.

Group Goal

To offer clients a confidential, safe, non-judgmental environment where they can learn about substance use and mental health, and develop new skills for managing symptoms and recovery.



Please talk to your Physician, Psychiatrist, or Case Manager for a referral.

Topics could include:

- Concurrent Disorders
- What is an Addiction?
- What is Mental Illness?
- Stages of Change
- Coping with Change & Transitions
- Coping with Stress
- Identifying & Learning Strategies for High-Risk Situations
- Dealing with Cravings
- Managing Emotions
- Anger Management
- Conflict Management
- Thoughts, Feelings & Behaviors
- Healthy Relationships
- Boundaries
- Communication Skills & Assertiveness
- Personal Strengths & Resilience
- Self-Compassion
- Mindfulness & Addictions
- Balancing Your Lifestyle
- Harm Reduction
- Relapse Prevention
- Wellness & Recovery