

Where can I take the program?



You can join some of the sessions virtually.



You can join some of the sessions in person at one of the locations listed below.

Mental Health and Substance Use Wellness Centre

This is a separate building on the south side of the hospital.

Royal Columbian Hospital

330 East Columbia Street,
New Westminster, B.C.

Creekside Withdrawal Management Centre

13740 94A Avenue
Surrey, B.C.

Chilliwack General Hospital

45600 Menholm Road
Chilliwack, B.C.

How do I sign up?

If you have questions, or would like to sign up for the program, call the number below between 8:30 a.m. and 4:30 p.m., Monday to Friday.

1-888-587-3755

press 4, then press 0

to speak to receptionist

For more information, go to:

fraserhealth.ca/dew



www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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For more copies: patienteduc.fraserhealth.ca

Day, Evening, Weekend (DEW) Substance Use Treatment Program



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What is the DEW Program?

This program is for adults (19 years and older) who are looking for an intensive day, evening, or weekend substance use treatment program.

The program is open to adults of all genders who are living in Fraser Health communities including:

- Boston Bar
- Chilliwack
- Abbotsford
- Maple Ridge
- Port Coquitlam
- Port Moody
- Surrey
- Delta
- Hope
- Mission
- Langley
- Pitt Meadows
- Coquitlam
- Burnaby
- White Rock

**We personalize
the DEW program for you,
based on your goals.**

What services do you offer?

We offer the group sessions described below. When you enter the program we will meet with you to help determine what groups are right for you based on your goals.

- **Core Therapy**

These are 'closed' groups, meaning you will be with the same people for the 6 weeks.

Examples of groups:

- mindfulness-based relapse prevention
- cognitive behavioural therapy (CBT)
- post-traumatic growth
- understanding substance use

- **Electives**

The electives are open groups and you might be with different people for each session.

Examples of groups:

- early recovery skills
- mental wellness (depression)
- rewarding recovery
- grief and loss

- **Vocational Counselling**

This service helps you explore your interests related to your career goals. We help you fit in your work with your recovery.

Examples of groups:

- employment gaps: workplace anxiety, choosing the right career, and workplace communication
- resume writing
- job search skills
- getting along in the workplace

- **Occupational Therapy (OT)**

This service can help you deal with challenges in your daily activities such as taking care of yourself, managing your home, or getting out in the community. We help you pursue your life goals and recovery goals.

Examples of groups:

- sleep wellness
- money management skills
- living a balanced life