



Concurrent Disorder Family Group:

Substance use and mental health problems affect the person experiencing the problems, and also his or her family members and friends. This group can help families to support their loved one with concurrent disorders, and also to support themselves. It includes:

- Information on the impact of concurrent disorders on family life, on self-care strategies for family members and understanding and coping.
- Tips on recognizing and planning for relapses, and on anticipating and coping with crisis situations

This 6 session course is offered at various times through the year. Please call **519-255-7440** to inquire about the next scheduled start date.



FOR MORE
INFORMATION

CONTACT



519-255-7440



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Windsor, ON N8X 3L9



www.windsor-essex.cmha.ca



Canadian Mental
Health Association
Windsor-Essex County

Community well-being is our sole focus.

CONCURRENT

DISORDER PROGRAM

ONE-TO-ONE CONCURRENT SUPPORT

CMHA-WECB Concurrent Disorders program offers both individual and group services to individuals 16 years of age and older, seeking supports with their mental health and substance use.

Concurrent Disorders Counsellors provide up to 6 sessions to those who are interested in exploring their substance use and setting individualized goals for harm reduction or abstinence. Clients are assisted with treatment planning and development for the initiation and maintenance of change. The sessions build skills and tools for the recovery journey including:

- Education about substance use and mental health
- Increasing knowledge of addiction and the process of recovery; skills to quit or reduce use
- Identifying triggers for use and how to implement personal coping strategies
- Strategies to manage urges and build relapse prevention plans
- Connection to community resources and referrals

ONE-TO-ONE CONCURRENT SUPPORT

is available by referral.
Call Coordinated Access
519-257-5111 x72621



S.T.A.G.E.S.

Sobriety Through Accessing Group Education & Support.

STAGES is an Ongoing Concurrent Disorders Aftercare Support Group.

This group is facilitated by a Concurrent Disorder counsellor and is open to any person in the community (16 years of age or older), that has a concurrent disorder and is in the maintenance stage of recovery. Members build their recovery journey through skill building and peer support. Education is provided at each session for growth in mental health and addiction related topics.

STAGES occurs every Wednesday from 10:30am-12:00pm. Meetings are held online using OTN (Ontario Telemedicine Network) and in-person.

*For referral please contact
CMHA-WECB: **519-255-7440***



TUESDAY TALKS

At SafeBeds

This Concurrent Disorders program is provided to the Aylmer CMHA-WECB Safe Beds Residents. A weekly support meeting is offered to those who are considering exploring or making changes with their substance use or wish to learn more.



Meetings occur every Tuesday at Safe Beds. Join us to chat, hear about resources and get some information from our Concurrent Counsellors.

