

Facing the Shadow Group

This is a specialized 18-module group for individuals who recognize intimacy disorders and sex addiction as problematic in their lives and are committed to abstinence from problematic sexual behaviours. Participants must meet with a Certified Sex Addiction Therapist (CSAT) for assessment and registration to attend this group. CSAT assessments are available at Adult Addiction Services.

Prerequisite: Intake and CSAT Assessment
Abstinence Requirement: Five days prior to the program, and for the duration of the program

Mending the Heartbreak Group

This is a specialized 18-module group for individuals whose partner struggles with intimacy disorders or sex addiction. For those who are experiencing betray trauma as a result of their partner's sexual behaviours.

Prerequisite: Intake and CSAT. Counsellor Assessment
Abstinence Requirement: N/A

Mindfulness Group

This eight-session, drop-in skill building program is an introduction to mindfulness principles and techniques. The group is open to clients with an open file, including people supporting others in their recovery. This program is offered one evening each week. **Prerequisite:** Intake and Orientation

Day Program

This four-week intensive day treatment program is for individuals who have recognized that drugs, alcohol, sex, and/or gambling are problematic in their lives, and who are committed to healthy lifestyle changes and abstinence. The Day Program runs from 9am – 4 pm Monday – Thursday and consists of individual counselling, group therapy, lectures, and skills groups.

Prerequisite: Intake, Orientation, Awareness Assessment and Counsellor Assessment

Abstinence Requirement: Five days prior to the program, and for the duration of the program

Paths to Healing Group

This five-session trauma informed group is for women who are working on recovery from substance use and/or addictive behaviours, and who have experienced trauma. The focus of the group is enhancing safe coping skills, building a support network, and safety.

Prerequisite: Intake, Counsellor Assessment
Abstinence Requirement: Day of group

Skilful Living Group

A Dialectical Behaviour Therapy (DBT) informed group for individuals experiencing difficulties with emotional regulation and relationships. The group is aimed at helping clients improve coping skills, develop interpersonal skills, and manage emotions through mindfulness and specific DBT strategies.

Participants demonstrate a willingness and ability to develop skills and to practice skills between sessions.

Prerequisite: Intake, Orientation and Counsellor Assessment

Abstinence Requirement: Day of group

Gambling Support Group

We offer a support groups for people concerned about gambling. **Prerequisite:** Intake, Counsellor Recommendation.

Enhanced Services for Women (ESW)

This program provides special prevention and treatment services for women who are pregnant or at risk of becoming pregnant because of lifestyle behaviours, and who are using alcohol or other drugs. Women may gain access to ESW through a general intake.

New Balance for Families and Friends (NBFF)

An eight module psycho-educational group intended for family members and friends supporting a loved one in recovery. Attendance is voluntary and participation is encouraged. Session topics include: Family Dynamics, Communication, Boundaries, Understanding Emotions, Mental Health, Self Care, and Community Supports.

Prerequisites: Intake and Orientation

Abstinence Requirement: Day of group

Getting There

Parking: There is metered street parking and pay parking lots close to our facility. Free parking is not available at our site.

C-Train: The closest C-Train stations are 6 Street Southwest Station going eastbound and 4th Street Southwest Station going westbound. We are located approximately 3 blocks south from both stations.

Bus: Please see Calgary Transit for the most up-to-date bus schedules.



Phone: 403-367-5000
Fax: 403-367-5010

Hours of Operation:
Monday to Thursday 8AM - 9PM
Friday 8AM - 5PM
Closed Statutory Holidays

For Allied Professionals and Clients

this brochure is for information purposes only; treatment recommendations are established during the intake interview



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