

ADDICTION SERVICES IN CALGARY, ALBERTA, AND AREA  
Continuum of Care

# Addiction Services Guide

CONTINUUM OF CARE

# Guide to Addiction Services

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**The following people contributed to the compilation of this document:**

Diane Brown, Manager, Clinical Operations, FMC Addiction Centre & Addiction Services Network

Debra Lussier, Psychology Assistant, FMC Addiction Centre & Addiction Services Network

Julie Peacock, Director, Health Partnerships, AADAC

George McBride, Senior Manager, AADAC Adult Counselling & Prevention Services

Susan Rawlings, Director, Geriatric Mental Health Program, Addictions Program,  
Claresholm Care Centre

Arlene Weidner, Program Advisor, Addiction Initiative, Norlien Foundation

Katie Donahue, Project Coordinator, Addiction Initiative, Norlien Foundation

Kate Asbell, Project Coordinator, Addiction Initiative, Norlien Foundation

**The Calgary Addiction Initiative Steering Committee does not endorse any one particular perspective on addiction treatment. While the information at the date of the last revision was current there may be inaccuracies after that date, as changes may have occurred in the organizations.**

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Most current version can be found at [www.calgaryaddiction.com](http://www.calgaryaddiction.com)

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# OVERVIEW

The Calgary Addiction Initiative Steering Committee, consisting of members from the Calgary Health Region (CHR), Alberta Alcohol and Drug Abuse Commission (AADAC), Norlien Foundation, Alberta Mental Health Board and members representing community services, have been working to compile this current guide to addiction services in Calgary and area. The lack of a compilation of services available has been identified by many as a need in this area.

The focus of this document is on services provided in Calgary and area; however, a few of the major service providers from other areas have been included. More information on services provided in areas such as Ponoka, Lethbridge, or Medicine Hat can be found by contacting services in those locations directly.

## **WHAT WERE THE INTENTIONS IN COMPILING THIS INVENTORY?**

- This inventory is meant to reflect the array of services available in order to meet the needs of people with addiction and associated mental health issues
- This inventory is intended to be used by the general public as well as service providers

## **HOW WAS THE INFORMATION GATHERED?**

- Each organization listed in this inventory was consulted directly and provided the information contained in this inventory.
- Each organization will be contacted on a yearly basis to update the information.

## **HOW IS THIS INVENTORY ORGANIZED?**

### **PART I: INVENTORY OF ADDICTION SERVICES**

The first part of this document details information on the various types of services available in Calgary and surrounding areas. These services range from Health Promotion and Illness Prevention to Mutual Aid.

The objectives in categorizing services in this manner were to:

- (1) provide a comprehensive overview of services available;
- (2) assist with strategic planning by identifying gaps in services; and
- (3) provide assistance in accessing and navigating the system of services available for both the public and healthcare professionals.

### **PART II: ADDICTIONS TREATED BY SERVICE PROVIDERS**

The second part of this guide provides information on the specific addiction each organization treats.

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### **PART III: DETAILED SERVICE PROVIDER INFORMATION**

The third part of this document provides detailed information on each individual organization.

### **PART IV: DEFINITIONS**

The final section of this guide outlines the definitions used in determining which services each organization provides, and where their services most appropriately fit on the continuum of care.

## **CONTINUOUS IMPROVEMENT**

The purpose of this document is to provide an inventory of major addiction services; it is intended to be a resource. However, given the frequency of changes in the field, it should be noted that this is a work in progress. As such, please find an evaluation form at the end of this document. In order to ensure that the information in this document is useful, any comments or suggestions that you may have will be most helpful. We urge you to complete the evaluation and return it Continuum of Care Evaluation, Suite 1230, 639 5<sup>th</sup> Ave. SW, Calgary, AB, T2P 0M9. Alternatively, evaluations can be found on the website and submitted out online.

## **CHANGES OR UPDATES TO INFORMATION**

If any information contained in this document needs to be corrected, added to or updated please contact Kate Asbell and Katie Donahue at [info@calgaryaddiction.com](mailto:info@calgaryaddiction.com) or by telephone at (403) 539-8484.

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## INVENTORY OF ADDICTION SERVICES

	Health Promotion	Prevention and Early Intervention	Crisis Intervention	Detoxification	Medically Managed Intensive Inpatient	Outpatient	Intensive Outpatient	Partial Hospitalization	Residential Treatment	Supported Housing	Shelter	Mutual Aid
AADAC Adult Counselling and Prevention Services - Calgary		•	•			•	•					
AADAC Airdrie Satellite Office		•				•						
AADAC Canmore Area Office		•				•						
AADAC Cochrane Satellite Office		•				•						
AADAC Enhanced Services for Women	•	•	•			•	•					
AADAC Family Violence Program		•	•			•	•					

CALGARY AND AREA ADDICTION SERVICES

	Health Promotion	Prevention and Early Intervention	Crisis Intervention	Detoxification	Medically Managed Intensive Inpatient	Outpatient	Intensive Outpatient	Partial Hospitalization	Residential Treatment	Supported Housing	Shelter	Mutual Aid
<b>AADAC High River Satellite Office</b>		●				●						
<b>AADAC Lander Treatment Centre</b>									● 48 beds			
<b>AADAC Opioid Dependency Program</b>						●						
<b>AADAC Renfrew Recovery Detoxification Centre</b>	●		●	● 40 beds	●							
<b>AADAC Strathmore Satellite Office</b>		●				●						
<b>Aventa Addiction Treatment for Women</b>		●					●		● 36 beds	● 10 beds		

CALGARY AND AREA ADDICTION SERVICES

	Health Promotion	Prevention and Early Intervention	Crisis Intervention	Detoxification	Medically Managed Intensive Inpatient	Outpatient	Intensive Outpatient	Partial Hospitalization	Residential Treatment	Supported Housing	Shelter	Mutual Aid
Calgary Alpha House Society	•	•	•	• 20 beds							• 51 beds	
Calgary Counseling Centre	•	•				•						
Calgary Dream Centre	•	•	•						• 20 beds	• 80 beds	•	
Calgary Drop-In and Rehab Centre										• 268 beds	• 671 beds	
Centre 110										• 60 beds		
CHR Addiction Centre Adult Program		•			•	•	•					

**CALGARY AND AREA ADDICTION SERVICES**

	<b>Health Promotion</b>	<b>Prevention and Early Intervention</b>	<b>Crisis Intervention</b>	<b>Detoxification</b>	<b>Medically Managed Intensive Inpatient</b>	<b>Outpatient</b>	<b>Intensive Outpatient</b>	<b>Partial Hospitalization</b>	<b>Residential Treatment</b>	<b>Supported Housing</b>	<b>Shelter</b>	<b>Mutual Aid</b>
<b>CHR Addiction Network</b>					•							
<b>CHR Calgary Eating Disorder Program</b>	•	•			•	•	•	• 12 beds	• 4 beds			
<b>CHR Claresholm Centre for Mental Health and Addictions</b>	•				•				• 20 beds			•
<b>CHR Safeworks</b>	•	•	•									
<b>Distress Centre</b>	•	•	•			•						
<b>Drumheller Society for Recovery (Grace House)</b>									• 11 beds			

**CALGARY AND AREA ADDICTION SERVICES**

	<b>Health Promotion</b>	<b>Prevention and Early Intervention</b>	<b>Crisis Intervention</b>	<b>Detoxification</b>	<b>Medically Managed Intensive Inpatient</b>	<b>Outpatient</b>	<b>Intensive Outpatient</b>	<b>Partial Hospitalization</b>	<b>Residential Treatment</b>	<b>Supported Housing</b>	<b>Shelter</b>	<b>Mutual Aid</b>
<b>Fresh Start Recovery Centre</b>	●	●	●	●			●		● 28 beds	● 5 beds		
<b>Mustard Seed – Step Up</b>	●	●	●							● 26 beds	● 102 beds	
<b>Oxford House</b>		●	●							● 108 beds		
<b>Recovery Acres (1835 Calgary Society)</b>		●				●			● 18 beds	● 13 beds		
<b>Salvation Army</b>	●	●	●						● 44 beds	● 135 beds	● 179 beds	
<b>Servants Anonymous Society of Calgary</b>	●	●	●						● 25 beds	● 9 beds		

CALGARY AND AREA ADDICTION SERVICES

	Health Promotion	Prevention and Early Intervention	Crisis Intervention	Detoxification	Medically Managed Intensive Inpatient	Outpatient	Intensive Outpatient	Partial Hospitalization	Residential Treatment	Supported Housing	Shelter	Mutual Aid
Simon House Recovery Centre	•	•	•	• 1 bed					• 29 beds	• 55 beds		
Tom Baker Smoking Cessation Program		•		•		•						
Youville Residence Society of Alberta		•							• 14 beds	• 23 beds		

## Youth Specific Services

	Health Promotion	Prevention and Early Intervention	Crisis Intervention	Detoxification	Medically Managed Intensive Inpatient	Outpatient	Intensive Outpatient	Partial Hospitalization	Residential Treatment	Supported Housing	Shelter	Mutual Aid
<b>AADAC Youth Services Centre</b>	•	•		• 6 beds		•	•		• 10 beds			
<b>Alberta Adolescent Recovery Centre</b>	•	•	•	•	•				•			
<b>CHR Addiction Centre Adolescent Program</b>		•			•	•	•					
<b>CHR P.A.R.T.Y. Program</b>	•	•										
<b>Eagle Moon Lodge</b>	•	•	•	•			•		• 8 beds		•	

**CALGARY AND AREA ADDICTION SERVICES**

	<b>Health Promotion</b>	<b>Prevention and Early Intervention</b>	<b>Crisis Intervention</b>	<b>Detoxification</b>	<b>Medically Managed Intensive Inpatient</b>	<b>Outpatient</b>	<b>Intensive Outpatient</b>	<b>Partial Hospitalization</b>	<b>Residential Treatment</b>	<b>Supported Housing</b>	<b>Shelter</b>	<b>Mutual Aid</b>
<b>Enviros Wilderness School Association (Base Camp Program)</b>									<ul style="list-style-type: none"> <li>● 10 beds</li> </ul>			
<b>Enviros Wilderness School Association (Excel Discovery Program)</b>									<ul style="list-style-type: none"> <li>● 10 beds</li> </ul>			

## Geriatric Specific Services

	Health Promotion	Prevention and Early Intervention	Crisis Intervention	Detoxification	Medically Managed Intensive Inpatient	Outpatient	Intensive Outpatient	Partial Hospitalization	Residential Treatment	Supported Housing	Shelter	Mutual Aid
CHR Substance Abuse in Later Life (SAILL)	•	•				•						

## Aboriginal Specific Services

	Health Promotion	Prevention and Early Intervention	Crisis Intervention	Detoxification	Medically Managed Intensive Inpatient	Outpatient	Intensive Outpatient	Partial Hospitalization	Residential Treatment	Supported Housing	Shelter	Mutual Aid
Sunrise Native Addictions Services Society	•	•	•			•	•		• 36 beds			
Tsuu T'ina Nation Spirit Healing Lodge		•	•						• 15 beds			

## Pregnancy Specific Services

	Health Promotion	Prevention and Early Intervention	Crisis Intervention	Detoxification	Medically Managed Intensive Inpatient	Outpatient	Intensive Outpatient	Partial Hospitalization	Residential Treatment	Supported Housing	Shelter	Mutual Aid
Calgary Urban Projects Society (CUPS)	•	•	•									
CHR Expecting to Quit	•	•										

## Mutual Aid

	Health Promotion	Prevention and Early Intervention	Crisis Intervention	Detoxification	Medically Managed Intensive Inpatient	Outpatient	Intensive Outpatient	Partial Hospitalization	Residential Treatment	Supported Housing	Shelter	Mutual Aid
Al-Anon												•
Alcoholics Anonymous												•
Cocaine Anonymous												•
Co-Dependents Anonymous												•
Gamblers Anonymous												•
Gam-Anon												•

CALGARY AND AREA ADDICTION SERVICES

	Health Promotion	Prevention and Early Intervention	Crisis Intervention	Detoxification	Medically Managed Intensive Inpatient	Outpatient	Intensive Outpatient	Partial Hospitalization	Residential Treatment	Supported Housing	Shelter	Mutual Aid
Narcotics Anonymous												•
S-Anon												•
Sex Addicts Anonymous												•
Sexaholics Anonymous												•
Smart Recovery												•
Women for Sobriety												•

## Enhanced Concurrent Disorders Services

**CHR Addiction Centre Foothills Adolescent Program**

**CHR Addiction Centre Foothills Adult Program**

**CHR Addiction Network**

**CHR Claresholm Centre for Mental Health and Addictions**

## Capable Concurrent Disorders Services

**AADAC Adult Counselling and Prevention Services - Calgary**

**AADAC Airdrie Satellite Office**

**AADAC Canmore Area Office**

**AADAC Claresholm Centre for Mental Health & Addictions**

**AADAC Cochrane Satellite Office**

**AADAC Enhanced Services for Women**

**AADAC Family Violence Program**

**AADAC High River Satellite Office**

**AADAC Lander Treatment Centre Claresholm**

**AADAC Opioid Dependency Program**

**AADAC Renfrew Recovery Detoxification Centre**

**AADAC Strathmore Satellite Office**

**Alberta Adolescent Recovery Centre (AARC)**

**Aventa Addiction Treatment for Women**

**Calgary Alpha House**

**Calgary Counselling Centre**

**Calgary Urban Projects Society (CUPS)**

**CHR Safeworks**

**CHR Calgary Eating Disorder Program Alberta Children's Hospital**

**CHR Substance Abuse in Later Life (SAILL)**

**Distress Centre**

**Eagle Moon Lodge**

**Fresh Start Recovery Centre**

**Salvation Army Centre of Hope**

**Simon House**

**Tsuu T'ina Nation Spirit Healing Lodge**

**Youville Residence Society of Alberta**

## ADDICTIONS TREATED BY SERVICE PROVIDER

ORGANIZATION	Alcohol	Eating	Gambling	Illicit Drugs	Prescription Drugs	Sex	Tobacco
<b>AADAC Adult Counselling and Prevention Services - Calgary</b>	•		•	•	•		•
<b>AADAC Airdrie Satellite Office</b>	•		•	•	•		•
<b>AADAC Canmore Area Office</b>	•		•	•	•		•
<b>AADAC Cochrane Satellite Office</b>	•		•	•	•		•
<b>AADAC Enhanced Services for Women</b>	•			•	•		•
<b>AADAC Family Violence Program</b>	•		•	•	•		•
<b>AADAC High River Satellite Office</b>	•		•	•	•		•
<b>AADAC Lander Treatment Centre Claresholm</b>	•		•	•	•		•
<b>AADAC Opioid Dependency Program</b>				• heroin	• opioids		
<b>AADAC Renfrew Recovery Detoxification Centre</b>	•		•	•	•		

CALGARY AND AREA ADDICTION SERVICES

ORGANIZATION	Alcohol	Eating	Gambling	Illicit Drugs	Prescription Drugs	Sex	Tobacco
AADAC Strathmore Satellite Office	•		•	•	•		•
AADAC Youth Services Centre	•		•	•	•		•
Al-Anon	•						
Alberta Adolescent Recovery Centre	•			•	•		
Alcoholics Anonymous	•						
Aventa Addiction Treatment for Women	•		•	•	•		•
Calgary Alpha House Society	•			•	•		
Calgary Counseling Centre	•	•	•			•	
Calgary Dream Centre	•			•	•		
Calgary Drop-In and Rehab Centre							
Calgary Urban Projects Society (CUPS)							
Centre 110							

CALGARY AND AREA ADDICTION SERVICES

ORGANIZATION	Alcohol	Eating	Gambling	Illicit Drugs	Prescription Drugs	Sex	Tobacco
CHR Addiction Centre Adolescent Program	•		•	•	•		
CHR Addiction Centre Adult Program	•		•	•	•		
CHR Addiction Network	•		•	•	•		
CHR Calgary Eating Disorder Program		•					
CHR Claresholm Centre for Mental Health and Addictions				•	•		
CHR Expecting to Quit							•
CHR P.A.R.T.Y. Program							
CHR Safeworks							
CHR Substance Abuse in Later Life (SAILL)	•				•		
Cocaine Anonymous				•			
Co-Dependents Anonymous	•	•	•	•	•	•	•
Distress Centre	•	•	•	•	•	•	•

CALGARY AND AREA ADDICTION SERVICES

ORGANIZATION	Alcohol	Eating	Gambling	Illicit Drugs	Prescription Drugs	Sex	Tobacco
Drumheller Society for Recovery (Grace House)	•			•	•		
Eagle Moon Lodge	•			•	•		
Enviros Wilderness School Association (Base Camp Program)	•	•		•	•		•
Enviros Wilderness School Association (Excel Discovery Program)	•	•		•	•		•
Fresh Start Recovery Centre	•		•	•	•	•	
Gam-Anon			•				
Gamblers Anonymous			•				
Mustard Seed – Step Up							
Narcotics Anonymous				•	•		
Oxford House	•		•	•	•		
Recovery Acres (1835 Calgary Society)	•			•	•		
Salvation Army (Centre of Hope)	•			•	•		

CALGARY AND AREA ADDICTION SERVICES

ORGANIZATION	Alcohol	Eating	Gambling	Illicit Drugs	Prescription Drugs	Sex	Tobacco
S-Anon						•	
Servants Anonymous Society of Calgary	•			•	•		
Sex Addicts Anonymous						•	
Sexaholics Anonymous						•	
Simon House	•			•	•		
Smart Recovery	•	•	•	•	•	•	•
Sunrise Native Addictions Services Society	•		•	•	•		
Tom Baker Smoking Cessation Program							•
Tsuu T'ina Nation Spirit Healing Lodge	•			•	•		
Women for Sobriety	•						
Woods Homes	•			•	•		
Youville Residence Society of Alberta	•			•	•		

## SERVICE PROVIDER INFORMATION

## AADAC Adult Counselling and Prevention Services - Calgary

**Address:** 1177 – 11<sup>th</sup> Avenue S.W.  
Calgary, Alberta

**Phone:** (403) 297-3071

**Fax:** (403) 297-3036

**Email:**

**Website:** [www.aadac.com](http://www.aadac.com)

**Hours of Operation:** Monday & Friday 8:00AM to 4:30PM  
Tuesday, Wednesday & Thursday 8:00AM to 9:00PM

**Fees:** None

**Addictions Treated:** Alcohol, tobacco, drugs and gambling

### Description/Overview of Services/Programs:

#### Clientele Served

- adults, families, friends and others dealing with alcohol, other drug or gambling problems
- businesses, agencies and individuals requesting consultation or information

#### Program/Service Description

- provides personalized assessment, treatment and referral for clients with alcohol, other drug or gambling concerns
- provides a wide range of individual, group and family counselling
- offers an intensive, structured Day Program for clients who have substance use or gambling problems
- offers afternoon and evening group sessions related to addiction recovery
- refers clients to self-help groups, some of which meet at the clinic
- provides information and referral for people who are concerned about their tobacco use
- provides information and consultations to agencies, businesses, community groups and professionals
- provides prevention and information services to post-secondary institutions

**Referral Information**

- Intake/Assessment is available on a drop-in basis Monday to Friday at 1:00 pm.

**Additional Notes**

- Satellite services are available in Airdrie, Cochrane, High River and Strathmore. See individual listings for contact information.
- Services are voluntary, confidential and free of charge.
- Brochures are available from AADAC Counselling and Prevention Services.
- Please call or visit for more information.

## AADAC Airdrie Satellite Office

**Address:** 100, 209 Centre Avenue W.  
P.O. Box 3362  
Airdrie, Alberta T4B 2M6

**Phone:** (403) 912-3306

**Fax:** (403) 912-3307

**Email:**

**Website:** [www.aadac.com](http://www.aadac.com)

**Hours of Operation:** Monday to Friday 8:15AM to 4:30PM

**Fees:** None

**Addictions Treated:** Alcohol, tobacco, drugs and gambling

### Description/Overview of Services/Programs:

#### Clientele Served:

- adults, youth, families, friends and others dealing with alcohol, other drug or gambling problems
- schools, businesses, agencies and individuals requesting consultation or information

#### Program/Service Description:

- provides personalized assessment, treatment and referral for clients with alcohol, other drug or gambling concerns
- provides information and referral for people who are concerned about their tobacco use
- provides information, counselling and support for family members, friends and interested others
- provides information and consultations to agencies, businesses, schools, community groups and health professionals

#### Referral Information:

- The counsellor is available by appointment only.
- All appointments must be booked in advance by calling the satellite office.

**Additional Notes:**

- Additional programs and services are available through Adult Counselling and Prevention Services.
- Services are voluntary, confidential and free of charge.
- Brochures are available from AADAC Counselling and Prevention Services.
- Please call for more information.

## AADAC Canmore Area Office

- Address:** Suite 101, 743 Railway Avenue  
Canmore, Alberta T1W1P2
- Phone:** (403) 678-3133
- Fax:** (403) 678-3138
- Email:**
- Website:** [www.aadac.com](http://www.aadac.com)
- Hours of Operation:** Monday to Friday 8:15AM to 12:00PM & 1:00PM to 4:30PM  
(Depending on community needs and available resources, hours may be extended for a specified and time-limited purpose.)
- Fees:** None
- Addictions Treated:** Alcohol, tobacco, drugs and gambling

### Description/Overview of Services/Programs:

#### Clientele Served:

- the general public, individuals and families
- health professionals, businesses, schools and community groups

#### Program/Service Description:

- provides individual, group and family counselling
- offers specialized services for adolescents
- offers programs designed to increase understanding and awareness of issues related to alcohol, tobacco, other drugs and gambling
- employs and teaches strategies focused on increasing clients' ability to successfully handle life situations
- creates partnerships with local groups, agencies, schools and employers to support projects aimed at mobilizing communities to prevent and address alcohol, tobacco, other drug and gambling issues
- provides training and consultation to agencies, businesses, community groups and professionals (fees for training may apply)

## **CALGARY AND AREA ADDICTION SERVICES**

- distributes educational materials such as pamphlets, books, and videos. These resources address a wide range of topics related to preventing and treating alcohol, tobacco, other drug and gambling problems
- offers program packages developed by AADAC to assist schools, agencies, employers and other groups

### **Referral Information:**

- Area offices receive referrals from a variety of sources, including clients themselves.
- Referrals are made to a variety of AADAC services, AADAC Funded Agencies, other government and non-government agencies, medical professionals and self-help groups.

### **Additional Notes:**

- Visiting services are available in Banff and Lake Louise. Call 403-678-3133 to make an appointment.
- Services are voluntary, confidential and free of charge.
- Area office brochures are available from each office.
- Please contact your local area office for more information.

## AADAC Cochrane Satellite Office

**Address:** 2<sup>nd</sup> Floor, Provincial Building  
231 – 1 Street  
Cochrane, Alberta T0L 0W1

**Phone:** (403) 932-4765

**Fax:** (403) 932-5748

**Email:**

**Website:** [www.aadac.com](http://www.aadac.com)

**Hours of Operation:** Monday to Friday 8:15AM to 4:30PM

**Fees:** None

**Addictions Treated:** Alcohol, tobacco, drugs and gambling

### Description/Overview of Services/Programs:

#### Clientele Served:

- adults, youth, families, friends and others dealing with alcohol, other drug or gambling problems
- schools, businesses, agencies and individuals requesting consultation or information

#### Program/Service Description:

- provides personalized assessment, treatment and referral for clients with alcohol, other drug or gambling concerns
- provides information and referral for people who are concerned about their tobacco use
- provides information, counselling and support for family members, friends and interested others
- provides information and consultations to agencies, businesses, schools, community groups and health professionals

#### Referral Information:

- The counsellor is available by appointment only.
- All appointments must be booked in advance by calling the satellite office.

**Additional Notes:**

- Additional programs and services are available through Adult Counselling and Prevention Services.
- Services are voluntary, confidential and free of charge.
- Brochures are available from AADAC Counselling and Prevention Services.
- Please call for more information.

## AADAC Enhanced Services for Women

<b>Address:</b>	1177 – 11 <sup>th</sup> Avenue S.W. Calgary, Alberta
<b>Phone:</b>	(403) 297-3071
<b>Fax:</b>	(403) 297-3036
<b>Email:</b>	
<b>Website:</b>	<a href="http://www.aadac.com">www.aadac.com</a>
<b>Hours of Operation:</b>	Monday to Friday 8:15AM to 4:30PM (Some flexibility to meet client need)
<b>Fees:</b>	None
<b>Addictions Treated:</b>	Alcohol, tobacco and other drugs

### Description/Overview of Services/Programs:

#### Clientele Served:

- women (adult or youth) who are concerned about their own substance use, who are pregnant, or who may need an enhanced level of support

#### Program/Service Description:

- offers personalized assessment and counselling on an outreach basis in Calgary
- helps pregnant women access AADAC's network of services, and facilitates connections to other community resources to enhance support during and after treatment
- provides information, consultations and referrals to community professionals to better meet the needs of women with substance use concerns

#### Referral Information:

- ESW receives referrals from a variety of sources, including clients themselves. Call for an appointment.

#### Additional Notes:

- To learn more about women and addictions, click [here](#).
- For information on other AADAC services for women, click [here](#).
- Please contact your nearest ESW office for more information.

## AADAC Family Violence Program

**Address:** 1177 – 11<sup>th</sup> Avenue S.W.  
Calgary, Alberta

**Phone:** (403) 297-3071

**Fax:** (403) 297-3036

**Email:**

**Website:** [www.aadac.com](http://www.aadac.com)

**Hours of Operation:** Monday to Friday 8:15AM to 4:30PM

**Fees:** None

**Addictions Treated:** Alcohol, tobacco, drugs and gambling

### **Description/Overview of Services/Programs:**

The role of AADAC in the Provincial Family Violence Initiative is to increase the ability of individuals to live a violence-free lifestyle by addressing their alcohol, other drug and gambling related concerns. Counsellors utilize AADAC services and work with a range of provincial and community agencies to provide an integrated treatment service for these individuals within a shared service delivery model.

## AADAC High River Satellite Office

**Address:** 129 – 4<sup>th</sup> Avenue SW  
PO Box 5413  
High River, Alberta T1V 1M3

**Phone:** (403) 652-8333

**Fax:** (403) 652-8388

**Email:**

**Website:** [www.aadac.com](http://www.aadac.com)

**Hours of Operation:** Monday to Friday 8:15AM to 4:30PM

**Fees:** None

**Addictions Treated:** Alcohol, tobacco, drugs and gambling

### Description/Overview of Services/Programs:

#### Clientele Served:

- adults, youth, families, friends and others dealing with alcohol, other drug or gambling problems
- schools, businesses, agencies and individuals requesting consultation or information

#### Program/Service Description:

- provides personalized assessment, treatment and referral for clients with alcohol, other drug or gambling concerns
- provides information and referral for people who are concerned about their tobacco use
- provides information, counselling and support for family members, friends and interested others
- provides information and consultations to agencies, businesses, schools, community groups and health professionals

#### Referral Information:

- The counsellor is available by appointment only.
- All appointments must be booked in advance by calling the satellite office.

**Additional Notes:**

- Additional programs and services are available through Adult Counselling and Prevention Services.
- Services are voluntary, confidential and free of charge.
- Brochures are available from AADAC Counselling and Prevention Services.
- Please call for more information.

## AADAC Lander Treatment Centre Claresholm

**Address:** 221-42 Avenue W.  
P.O. Box 1330  
Claresholm, Alberta T0L 0T0

**Phone:** (403) 625-1395 (main switchboard)  
(403) 625-5600 (admissions)

**Fax:** (403) 625-1300

**Email:**

**Website:** [www.aadac.com](http://www.aadac.com)

**Hours of Operation:** 24 hours a day  
Administration and Admissions: Monday to Friday 8:00AM to 4:00PM

**Fees:** Alberta Residents: \$15/day – room and board  
Extra-Provincial Residents: \$125/day – room and board

**Addictions Treated:** Gambling, Alcohol, Illicit Drugs, and Prescription Drugs

### Description/Overview of Services/Programs:

#### Clientele Served:

- adults who want to live free from the harmful effects of alcohol, other drugs and gambling
- spouses, parents and significant others (for the Family Program)

#### Program/Service Description:

- provides a 48-bed residential treatment facility for men and women who are recovering from addictions
- offers a three-phase intensive treatment program that includes individual and group counselling, information sessions, skill development, recreation and leisure activities, and participation in self-help groups
- offers a Tobacco Cessation Program for clients who wish to address their tobacco use along with their use of alcohol or other drugs
- offers a one-week Family Program designed for adults affected by someone else's problems with substance use or gambling. Family Program Applications and Information Sheets are available from Lander.
- offers a one-week Beyond Sobriety Workshop designed for people who have maintained abstinence for a year or more

**Referral Information:**

- A completed Application Form (including health assessment) is required before an admission date is arranged.
- Brochures and Client Information Sheets are available from Lander.
- Clients need to be able to fully participate in all aspects of the program.

**Additional Notes:**

- \$15/day room and board fee applies for Alberta residents.
- \$125/day fee applies for residents of other provinces.
- Contact the Centre or your local AADAC office for more information.

## AADAC Opioid Dependency Program

<b>Address:</b>	#501-906-8 Avenue S.W. Calgary, Alberta T2P 1H9
<b>Phone:</b>	(403) 297-5118
<b>Fax:</b>	(403) 297-4985
<b>Email:</b>	
<b>Website:</b>	<a href="http://www.aadac.com">www.aadac.com</a>
<b>Hours of Operation:</b>	Monday to Friday 7:00AM to 3:15PM
<b>Fees:</b>	None
<b>Addictions Treated:</b>	Opioid dependence

### Description/Overview of Services/Programs:

#### Clientele Served:

- Adults with a history of opioid dependence (e.g., heroin, morphine, codeine, Percodan®, Percocet®, Dilaudid®, Demerol®, OxyContin®)

#### Program/Service Description:

- provides personalized medical and substance use assessments for clients dependent on opioids
- provides methadone maintenance treatment, including stabilization and long-term support for clients on methadone
- provides counselling services for clients on methadone
- provides referral to other addictions treatment services, including intensive treatment and self-help programs
- co-ordinates access to methadone for clients through community pharmacies
- provides consultations to pharmacists, family physicians, other professionals, and the public

#### Referral Information:

- Telephone Information Line: 403-297-5118
- Intake/Assessment is available on a drop-in basis at Calgary Adult Counselling and Prevention Services (ACAPS) at 1:00 pm, Monday-Friday.

#### Additional Information:

- Brochures are available from the clinic.

## AADAC Renfrew Recovery Detoxification Centre

**Address:** 1611 Remington Road, NE Calgary, AB T2E 5K6

**Phone:** (403) 297-3337

**Fax:** (403) 297-4592

**Email:**

**Website:** [www.aadac.com](http://www.aadac.com)

**Hours of Operation:** 24 hours a day

**Fees:** None

**Addictions Treated:** Alcohol, Gambling, Illicit Drugs, Prescription Drugs, Tobacco

### Description/Overview of Services/Programs:

#### Clientele Served:

- people needing a safe and supportive environment during withdrawal from alcohol and other drugs

#### Program/Service Description:

- offers a 40-bed residential facility that provides safe detoxification services
- provides 24-hour care by qualified nursing staff and a consulting physician
- provides health stabilization, assessment, referral, information sessions and an introduction to self-help groups
- offers addiction treatment planning, facilitated by addictions counsellors

#### Referral Information:

- Admissions begin daily at 8:45 a.m.
- Length of stay depends on assessed need (usually four to seven days)
- Clients under 18 years old are seen by AADAC Youth Services counsellors for follow-up

#### Additional Notes:

- Services are voluntary, confidential and free of charge.
- Brochures are available from any AADAC office. Contact the Centre for more information.

## AADAC Strathmore Satellite Office

**Address:** Calgary and Area Child and Family Authority  
Suite 435, Highway 1  
Strathmore, Alberta T1P 1J4

**Phone:** (403) 901-1326

**Fax:** (403) 934-1707

**Email:**

**Website:** [www.aadac.com](http://www.aadac.com)

**Hours of Operation:** Monday to Friday 8:15AM to 4:30PM

**Fees:** None

**Addictions Treated:** Alcohol, tobacco, drugs and gambling

### Description/Overview of Services/Programs:

#### Clientele Served:

- adults, youth, families, friends and others dealing with alcohol, other drug or gambling problems
- schools, businesses, agencies and individuals requesting consultation or information

#### Program/Service Description:

- provides personalized assessment, treatment and referral for clients with alcohol, other drug or gambling concerns
- provides information and referral for people who are concerned about their tobacco use
- provides information, counselling and support for family members, friends and interested others
- provides information and consultations to agencies, businesses, schools, community groups and health professionals

#### Referral Information:

- The counsellor is available by appointment only.
- All appointments must be booked in advance by calling the satellite office.

**Additional Notes:**

- Additional programs and services are available through Adult Counselling and Prevention Services.
- Services are voluntary, confidential and free of charge.
- Brochures are available from AADAC Counselling and Prevention Services.
- Please call for more information.

## AADAC Youth Services Centre

**Address:** 1005 – 17 Street NW  
Calgary, AB T2N 2E5

**Phone:** (403) 297-4664

**Fax:** (403) 297-4668

**Email:**

**Website:** [www.aadac.com](http://www.aadac.com)

**Hours of Operation:** Monday - Tuesday 8:15AM to 6:00PM  
Wednesday 8:15AM to 9:00PM  
Thursday - Friday 8:15AM to 4:30PM

**Fees:** None

**Addictions Treated:** Alcohol, Drugs, Gambling and Tobacco

### Description/Overview of Services/Programs:

#### Clientele Served:

- children and adolescents (aged 12 to 17) who are experiencing problems associated with alcohol, other drugs or gambling
- families affected by youth substance abuse problems
- schools, community groups, health professionals and the general public

#### Program/Service Description:

- provides personalized assessment, treatment and referral services for youth and their families
- offers a 7 – 10 day residential youth detox program as a "treatment engagement & readiness" program
- provides residential treatment for youth through a 3 month intensive adventure based wilderness program
- offers a three-month intensive day treatment program
- all residential and Intensive treatment programs incorporate comprehensive counselling, support and educational resources for youth
- provides residential support homes as needed for youth attending the intensive treatment program

## **CALGARY AND AREA ADDICTION SERVICES**

- offers leisure-based aftercare and peer support groups for youth who have completed day treatment
- provides family programs, support groups and information series for parents or guardians of youth involved in or recovering from substance abuse or problem gambling
- offers a four-week Adolescent Information Series that uses videos, print resources and group discussions to teach youth about the effects and consequences of alcohol, other drugs and gambling on life areas
- provides Mobile Team services to youth, families and others within their own communities (e.g., schools, justice sites, children's services agencies)
- designs workshops and in-services tailored to the needs of cultural groups or community organizations
- consults and collaborates with other youth agencies and groups to develop prevention and early intervention initiatives
- distributes curriculum-based resources and current print materials to schools and community agencies
- answers general inquiries about alcohol, other drugs, gambling, and AADAC services

### **Referral Information:**

- Walk-in counselling is available 8:30 am-10:00 am, Monday/Wednesday/Friday
- Contact AADAC Youth Services to make an appointment or referral.

### **Additional Notes:**

- Brochures are available from AADAC Youth Services.
- Please call your nearest office for more information.

## Al-Anon

**Address:** Meetings occur all over the city.

**Phone:** (403) 266-5850

**Fax:**

**Email:**

**Website:** <http://www.al-anon.ab.ca>

**Hours of Operation:** Meetings occur every day all over the city. Meetings are usually at 8:00PM.

**Fees:**

**Addictions Treated:** Alcohol

### **Description/Overview of Services/Programs:**

Al-Anon Family Groups is a community resource providing support to anyone affected by a relative or friend's drinking. There are over 24,000 Al-Anon and 2,300 Alateen groups, meeting in 115 countries. If you are wondering if Al-Anon or Alateen is for you, the most effective method of contacting us is to go to an Al-Anon or Alateen meeting. You can check out the meeting section of this website for locations and times that are convenient for you. You are welcome to show up without notice; in fact, that is how it works. There is no registration, time restrictions, or other obligations. New people attend Al-Anon and Alateen meetings on a regular basis. If the chairperson does not ask if there are any newcomers, please let them know so the group will have an opportunity to welcome you to your first meeting.

## Alberta Adolescent Recovery Centre (AARC)

**Address:** 303 Forge Road S.E.  
Calgary, AB

**Phone:** (403) 253-5250

**Fax:** (403) 640-2520

**Email:** [information@aac.ab.ca](mailto:information@aac.ab.ca)

**Website:** [www.aarc.ab.ca](http://www.aarc.ab.ca)

**Hours of Operation:**

**Fees:** AARC will not turn any client away because of their inability to pay. It is the policy of AARC to review each family's financial situation and assess fees based on their ability to pay.

### Assessment Fees

Pre-Assessment Services (Flat Fee) \$100

Full Assessment Services (Flat Fee) \$200

Two to Four Day Assessment (Flat Fee – refundable on admission) \$500

(If assessment indicates chemical dependency, but on admission is not certain, a two to four day assessment may be arranged).

Treatment Fees (Per Day) \$150

Out-Of-Province Fees (Per Day) \$160

**Addictions Treated:** Alcohol, Illicit Drugs, and Prescription Drugs

### **Description/Overview of Services/Programs:**

The Alberta Adolescent Recovery Centre (AARC) is a long-term treatment program for chemically dependent adolescents from ages 12 to 21 years, and their families.

AARC is a non-profit organization formed by concerned parents and citizens of Calgary to provide treatment to chemically dependent adolescents.

The AARC program offers comprehensive assessment, treatment and aftercare, based on the concepts of:

- Twelve Step Recovery-oriented models - Alcoholics Anonymous/Narcotics Anonymous (AA/NA);
- Positive peer influence;
- Group, family and individual therapy; and
- Use of Recovery Homes

The AARC program has been developed on the disease precept of chemical dependency. Defining adolescent substance abuse as a psycho-social, genetic, chronic, progressive and relapsing disease affecting every dimension of the adolescent and his/her family members' lives.

The AARC program provides progressive structured levels of treatment from primary recovery through intermediate to advanced recovery. The levels of treatment correlate directly with the recovery steps of AA and NA. As the adolescents progress through the treatment process, they are assisted in developing and expected to present increasing levels of self-awareness, self-esteem, family cooperation, motivation and commitment towards recovery. The adolescent's progression through treatment is dependent upon his/her individual needs and ability to acquire habilitative, non-chemical, coping skills.

At the beginning of treatment, parents are often unable to provide the structure required for the care, control, and safety of their child during recovery. Therefore, the client is removed from the family home, and placed in a Recovery Home during the first level of four levels of treatment, which may last six months. Recovery Homes are operated by families of clients who are further along in their recovery process.

The average length of treatment is 12 months, with the adolescent's and family's commitment to a six-month, recommended, but optional aftercare program.

## Alcoholics Anonymous

- Address:** Meetings held in various locations throughout Calgary & vicinity.  
C.S.O. address is: #2, 4015 – 1 Street SE  
Calgary AB, T2G 4X7
- Phone:** (403) 777-1212
- Fax:** (403) 287-6540
- Email:** [aaoffice@telusplanet.net](mailto:aaoffice@telusplanet.net)
- Website:** Alberta: [www.area78.org](http://www.area78.org)  
International: [www.aa.org](http://www.aa.org)
- Hours of Operation:** Meetings are held at various times throughout the day and evening, 7 days a week. The phone is available 24 hours a day.  
C.S.O. hours are: Monday to Friday 8:30AM to 5:00PM; Saturday 9:00AM to 1:00PM; closed holiday weekends and from 1:00PM to 2:00PM for lunch.
- Fees:** None
- Addictions Treated:** Alcohol

### **Description/Overview of Services/Programs:**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

AA is the original “12 – Step Program”. We are a bunch of people who could not stop drinking on our own, but have learned a way of spiritual (not religious) living in which we must help each other get sober so that we do not have to drink ourselves.

## Aventa Addiction Treatment for Women

<b>Address:</b>	610 – 25 <sup>th</sup> Avenue SE
<b>Phone:</b>	(403) 541-4645
<b>Fax:</b>	(403) 245-9485
<b>Email:</b>	<a href="mailto:info@aventa.org">info@aventa.org</a>
<b>Website:</b>	<a href="http://www.aventa.org">www.aventa.org</a>
<b>Hours of Operation:</b>	24 hours a day
<b>Fees:</b>	Sliding scale
<b>Addictions Treated:</b>	Alcohol, drugs, gambling, nicotine

### Description/Overview of Services/Programs:

Aventa offers four distinct treatment programs as well as various related support services. Phase I offers immediate access to residential beds for pregnant women to prevent or decrease the negative effects of fetal alcohol and drug use. Phase II offers a four-week intensive 22-bed treatment program, and up to 10 spots for day treatment. Phase III offers a 90 day, 14-bed residential treatment program. Phase IV offers transitional housing and counseling supports to 10 women for up to a period of one year.

Additionally, women attending these programs have access to the following services:

- Family and friends group – focuses on assisting family members and friends to understand addiction and recovery processes, and access support
- Women’s Circle of Choice – a support group for pregnant women with addictions to receive information and counseling on issues related to pregnancy, and to establish connections to resources in the community related to pregnancy and addictions
- Exploring Parenting in Recovery – assists pregnant and parenting women to discover and learn skills to address issues related to parenting in recovery
- Aftercare Program – support groups are offered to women after completing treatment, to provide support for recovery and resource referrals
- Catching our Breath/Clearing the Air – two smoking cessation groups are offered; one to women currently in treatment and the other to women from the community interested in stopping or reducing smoking.

## Calgary Alpha House Society

**Address:** 203-15<sup>th</sup> Avenue SE  
Calgary, Alberta

**Phone:** (403) 234-7388

**Fax:** (403) 234-7391

**Email:** [alphahouse@shaw.ca](mailto:alphahouse@shaw.ca)

**Website:**

**Hours of Operation:** 24 hours a day

**Fees:** None

**Addictions Treated:** All substance abuse issues

### **Description/Overview of Services/Programs:**

Shelter: Offers a humane and caring supervised environment for individuals who require a safe place to stay while reducing their intoxication levels from a variety of substances. The shelter offers health and foot clinics throughout the week. Showers, laundry, food and other essential services. The shelter also provides assessment and referral for the detox program. Also offers an alternative to the city cells.

Detox Program: Support during withdrawal. Assessment and referral for Residential Treatment Programs or other housing and health care options. Information on substance use and health strategies.

Outreach: Alpha, in partnership with CUPS Community health centre provides a collaborative approach to street level substance use. The objective is to connect with individuals who would not typically seek out more structured services and connect them with the appropriate shelter, housing or addiction treatment program. This is typically done during brief sessions over time. The team also offers a more appropriate alternative to city and provincial services, resulting in reduced pressure on Calgary Police Services and Emergency Medical Services and local city hospitals. Information on harm reduction strategies are provided to individuals who are not yet ready to consider abstinence based approaches.

## Calgary Counseling Centre

<b>Address:</b>	#200, 940 6 <sup>th</sup> Avenue S.W. Calgary, AB T2P 3T1
<b>Phone:</b>	Main Line (403) 265-4980 Intake: (403) 691-5991
<b>Fax:</b>	(403) 265-8886
<b>Email:</b>	<a href="mailto:infor@calgarycounselling.com">infor@calgarycounselling.com</a>
<b>Website:</b>	<a href="http://www.calgarycounselling.com">www.calgarycounselling.com</a>
<b>Hours of Operation:</b>	Monday to Friday 8:30AM to 7:30PM Saturday 9:00AM to 3:00PM
<b>Fees:</b>	Sliding Fee Scale
<b>Addictions Treated:</b>	Alcohol, Gambling, Sex Addiction, Eating Disorders

### Description/Overview of Services/Programs:

Calgary Counselling Centre is a non profit organization committed to providing compassionate, professional, and affordable counselling services to Calgarians.

Through counselling and group programs, the centre helps individuals, families, couples, children, men and women resolve emotional and social problems. Through its ongoing research and education programs, Calgary Counselling Centre strives to meet the changing needs of our community.

### Alcohol, Gambling and Sex Addiction

The Calgary Counselling Centre provides both short and long term counselling for Addictions as part of our general counselling program. Clients may present with an addiction as the presenting problem, or the addiction may be secondary to other problems, such as relationship difficulties, family violence and depression. Services are offered to individuals, couples and families.

### Eating Disorders

The Eating Disorder program provides counselling (individual, couple and family) as well as group and nutritional counselling. There are two groups offered as part of this program and several workshops connected to this program. They include:

#### (1) Eating Disorders Psycho educational Group

This seven-week psycho educational group is mandatory for all clients with an eating disorder. This group provides individuals with an opportunity to learn, understand, and change their perceptions of eating disorders and look at the nutritional aspect of healthy eating.

(2) Eating Disorders Psychotherapy Group

This fourteen-week psychotherapy group focuses on helping clients change and learn to live their lives without the disordered eating patterns they experience. Some themes explored in this group include: effect of eating disorders, feelings, safety, self-care, assertiveness and more. This group is optional but recommended for those dealing with an eating disorder.

(3) Other Eating Disorders Workshops and Support Groups

Several other workshops and support groups are offered for friends and family of clients with an eating disorder.

## Calgary Dream Centre

**Address:** 4510 Macleod Trail South  
**Phone:** (403) 243-5598  
**Fax:** (403) 287-9680  
**Email:** [info@calgarydreamcentre.com](mailto:info@calgarydreamcentre.com)  
**Website:** [www.calgarydreamcentre.com](http://www.calgarydreamcentre.com)  
**Hours of Operation:** 24 hours a day  
**Fees:** Monthly Rent  
**Addictions Treated:** Alcohol, Illicit Drugs, Prescription Drugs

**Description/Overview of Services/Programs:**

Transitional housing for men that have fallen on hard times.

## Calgary Drop-In and Rehab Centre

<b>Address:</b>	423-4 Ave. S.E. Calgary, AB T2G 0C8
<b>Phone:</b>	(403) 263-5707
<b>Fax:</b>	(403) 234-0677
<b>Email:</b>	<a href="mailto:info@cdircs.com">info@cdircs.com</a>
<b>Website:</b>	<a href="http://www.cdics.com">www.cdics.com</a>
<b>Hours of Operation:</b>	24 hours a day
<b>Fees:</b>	None
<b>Addictions treated:</b>	None

### **Description of services:**

The mission of the drop in centre is to compassionately and confidentially provide non-political non-sectarian services, by way of day and night shelter, food, recreation, counseling, computer, and job placement to those in needs, including referrals to the various support services available in the community with the ultimate purpose of reintegrating clients into the mainstream of society.

The main focus of the Calgary Drop-In & Rehab Centre is to create a friendly non-invasive safe and supportive environment as an alternative to the streets and bars, and to provide an atmosphere where personal growth can take place.

Everyone is welcome and accepted, the individuality of each person is respected and help is given when respected. The Centre's programs include shelter, meals, job placement and other supportive services.

## Calgary Urban Projects Society (CUPS)

<b>Address:</b>	128 7 Ave SE Calgary, AB T2G 0H5
<b>Phone:</b>	(403) 221-8780
<b>Fax:</b>	(403) 221-8791
<b>Email:</b>	
<b>Website:</b>	<a href="http://www.cupshealthcentre.com">www.cupshealthcentre.com</a>
<b>Hours of Operation:</b>	Health Clinic: Monday to Friday 8:00AM to 4:00PM; Saturday 9:00AM to 1:00PM Outreach: Monday to Friday 8:00AM to 4:30PM (in building) and 5:00PM to 9:00PM (Mobile Unit); Saturday 9:00AM to 8:00PM (Mobile Unit) Family Resource Centre: Monday to Friday 8:00AM to 4:00PM
<b>Fees:</b>	None
<b>Addictions Treated:</b>	All

### **Description/Overview of Services/Programs:**

#### Outreach

Outreach is a dedicated service committed to helping people who are financially and/or socially disadvantaged in the downtown core. The team responds with warmth and compassion providing:

- crisis counseling
- referrals
- home visits
- advocacy
- mediation
- emergency transportation
- work apparel
- housing assistance

The outreach team turns no one away. They provide assistance to people battling addiction, mental illness, homelessness, hunger, prostitution, chronic health concerns and unemployment.

#### Health Clinic

The CUPS Health Clinic is a holistic clinic, committed to the mental, physical, emotional and spiritual dimensions of a person's health. In addition to the multidisciplinary primary health care team that practices collaboratively and provides holistic care to people who are marginalized, the CUPS health clinic provides the following specialty clinics:

- Women's Health Unit – including prenatal, well-woman and maternal child clinics
- Chiropractic Clinic
- Dental Clinic

- Shared Care Mental Health Team
- Foot Care Clinic
- Hepatitis C Clinic
- Eye Care

Poverty is one of the significant determinants of health, and many of the people served at CUPS require a great deal of care. The CUPS Health Clinic is a special place where anyone in need can go, knowing that they will be treated with respect and dignity.

#### Family Resource Centre

We assist families living in poverty to transition out of the cycle of poverty and homelessness by providing:

- programming in budgeting, life skills and parenting
- a place for families without homes to spend the day
- breakfast
- hot lunch
- assistance with diapers and formula on an emergency basis
- crisis counseling
- referral services for food hampers, clothing and furniture

While accessing services in the Family Resource Centre, family members can share stories, reduce isolation and support each other as they work towards their goals.

#### Housing Registry Network

The CUPS Housing Registry Network is a free web service with registry of affordable rentals in Calgary. Additional features include:

- Up-to-date, current private market listings
- Free service for both tenants and landlords,
- Search engine to provide help in choices
- Online web help
- Access to additional housing help within Calgary
- Links to Landlord/Tenant Advice
- Customized clipboard for ease of use
- Printer friendly versions

#### One World

The CUPS One World Child Development Centre is a preschool and kindergarten program that runs under the philosophy of providing a nurturing, caring, educational environment to help children and families reach their full potential. The holistic approach meets the needs of early intervention, full day kindergarten, parenting, health care, and social services: all identified as key areas for action with at-risk children and families.

Services available to families participating in One World are:

- Preschool and Kindergarten
- Drop-in Child Care
- Parent Education
- Nutritional Breakfast, Lunch and Afternoon Snacks

## **CALGARY AND AREA ADDICTION SERVICES**

- Professional services such as psychology, speech and language, occupational therapy and physiotherapy
- Health care services including visits from Pediatric Residents, dental and optical care.

## Centre 110

<b>Address:</b>	423-4 Ave. S.E. Calgary, AB T2G 0C8
<b>Phone:</b>	(403) 263-5707
<b>Fax:</b>	(403) 234-0677
<b>Email:</b>	<a href="mailto:info@cdircs.com">info@cdircs.com</a>
<b>Website:</b>	<a href="http://www.cdics.com">www.cdics.com</a>
<b>Hours of Operation:</b>	24 hours a day
<b>Fees:</b>	None
<b>Addictions treated:</b>	None

### **Description of services:**

The mission of the Centre 110 is to compassionately and confidentially provide non-political non-sectarian services, by way of day and night shelter, food, recreation, counseling, computer, and job placement to those in needs, including referrals to the various support services available in the community with the ultimate purpose of reintegrating clients into the mainstream of society.

The main focus of Centre 110 is to create a friendly non-invasive safe and supportive environment as an alternative to the streets and bars, and to provide an atmosphere where personal growth can take place.

Everyone is welcome and accepted, the individuality of each person is respected and help is given when respected. The Centre's programs include shelter, meals, job placement and other supportive services.

## CHR Addiction Centre Adolescent Program

<b>Address:</b>	6 <sup>th</sup> Floor, North Tower Foothills Medical Centre 1403 - 29th Street NW Calgary, AB T2N 2T9
<b>Phone:</b>	(403) 944-2025
<b>Fax:</b>	(403) 944-2056
<b>Email:</b>	
<b>Website:</b>	<a href="http://www.addictioncentre.ca">www.addictioncentre.ca</a>
<b>Hours of Operation:</b>	Monday to Friday 8:45 AM – 5:00PM
<b>Fees:</b>	None
<b>Addictions Treated:</b>	Alcohol, illicit drugs, prescription drugs, and gambling

### Description/Overview of Services/Programs:

#### Who we Are

- Medical Director: Dr Nady A. el-Guebaly, MD, DPsych, DPH, FRCPC, FAPA, FACP, FASAM
- Adolescent Program Medical Director: Sam Chang, MD, FRCPC
- Diane Brown, Manager - Clinical Operations, FMC Addiction Centre and Mental Health Addiction Services Network

#### What we do

The Addiction Centre specializes in the assessment and treatment of patients with alcohol and other drug abuse comorbid with other psychiatric or physical conditions ("concurrent disorders")

The Addiction Centre is a treatment, education, and research facility located at the Foothills Medical Centre in Calgary, Alberta, Canada. It operates under the Calgary Health Region as a Mental Health Program within the Acute Care Sector and is also affiliated with the University of Calgary.

The Addiction Centre was established in 1992 to serve as a resource for the people of Alberta. It is staffed by a multidisciplinary team consisting of psychiatrists, psychologists, social workers, family physicians, nurses, and occupational therapists.

**A referral from a physician or community agency through a physician is required for treatment, and the patient's family physician is expected to be actively involved.**

The Addiction Centre is also active in research and education. Students of nursing, social work, psychology, medicine, and occupational therapy receive clinical training at the Addiction Centre. Researchers at the Addiction Centre have an extensive publication record and are recognized nationally and internationally.

The current research program is investigating gambling, substance abuse, and comorbid conditions, as well as gambling and other addictions. It also coordinates the activities of the International Society of Addiction Medicine [ISAM].

### Populations Served

- Adolescents with a DSM-IV diagnosis of substance abuse and another major psychiatric disorder
- Adolescents with a significant psychiatric problem for whom substance use is complicating the course and treatment of that disorder.
- Adolescents with a physical condition that is complicated by substance abuse.
- Adolescents experiencing substance abuse that results in significant physical complications.

Specialized groups include:

1. **Possibilities Group** offered to teens 13 – 17 years who abuse substances and have medical and/or psychiatric complications.
2. **Invitations Group** offered to parents, step-parents and caregivers of teens with the goals of improving communications with adolescent patients at the Addiction Centre, increase understanding of the connection between the teens substance use, their mental health and relationships and promote trust between parents/step-parents/caregivers and the adolescent.

## CHR Addiction Centre Adult Program

<b>Address:</b>	6 <sup>th</sup> Floor, North Tower Foothills Medical Centre 1403 - 29th Street NW Calgary, AB T2N 2T9
<b>Phone:</b>	(403) 944-2025
<b>Fax:</b>	(403) 944-2056
<b>Email:</b>	
<b>Website:</b>	<a href="http://www.addictioncentre.ca">www.addictioncentre.ca</a>
<b>Hours of Operation:</b>	Monday to Friday 8:45AM – 5:00PM
<b>Fees:</b>	None
<b>Addictions Treated:</b>	Alcohol, illicit drugs, prescription drugs, and gambling

### Description/Overview of Services/Programs:

#### Who we Are

- Medical Director: Dr Nady A. el-Guebaly, MD, DPsych, DPH, FRCPC, FAPA, FACP, FASAM
- Diane Brown, Manager - Clinical Operations, FMC Addiction Centre and Mental Health Addiction Services Network

#### What we do

The Addiction Centre specializes in the assessment and treatment of patients with alcohol and other drug abuse comorbid with other psychiatric or physical conditions ("concurrent disorders")

The Addiction Centre is a treatment, education, and research facility located at the Foothills Medical Centre in Calgary, Alberta, Canada. It operates under the Calgary Health Region as a Mental Health Program within the Acute Care Sector and is also affiliated with the University of Calgary.

The Addiction Centre was established in 1992 to serve as a resource for the people of Alberta. It is staffed by a multidisciplinary team consisting of psychiatrists, psychologists, social workers, family physicians, nurses, and occupational therapists.

**A referral from a physician or community agency through a physician is required for treatment, and the patient's family physician is expected to be actively involved.**

The Addiction Centre is also active in research and education. Students of nursing, social work, psychology, medicine, and occupational therapy receive clinical training at the Addiction Centre.

Researchers at the Addiction Centre have an extensive publication record and are recognized nationally and internationally.

The current research program is investigating gambling, substance abuse, and comorbid conditions, as well as gambling and other addictions. It also coordinates the activities of the International Society of Addiction Medicine [ISAM].

### **Populations Served**

- Adults with a DSM-IV diagnosis of substance abuse and another major psychiatric disorder
- Adults with a significant psychiatric problem for whom substance use is complicating the course and treatment of that disorder.
- Adults with a physical condition that is complicated by substance abuse.
- Adults experiencing substance abuse that results in significant physical complications.

### **Description of Services**

The Addiction Centre- Adult Program addresses substance abuse and complications leading to or arising from substance abuse.

The Adult Program specializes in the assessment and treatment of adults with substance abuse problems that co-occur with other psychiatric and/or physical addictions.

Specialized groups include:

1. Chronic Pain Group
2. Gambling Group
3. Couples Group
4. Family Support Group – scheduled to begin in September

Level Programming includes:

1. **Level I** - Assessment using Addiction Severity Index and Treatment Plan development
2. **Level II** is designed for patients undecided about change with the goal of increasing the motivation to change addictive use and/or behaviour
3. **Level III** designed for patients wanting to change their addictive use and/or behaviour. Provides skill development to achieve the ultimate goal of abstinence
4. **Level IV** designed for patients in early recovery. Therapeutic groups include Interpersonal, Lifetraps, Relapse Prevention, Relaxation and Self Expression

## CHR Addiction Network

- Address:** Located at three sites:  
1. Peter Lougheed Centre  
2. Rockyview General Hospital  
3. Foothills Medical Centre
- Phone:**
- Fax:**
- Email:**
- Website:** [www.addictioncentre.ca](http://www.addictioncentre.ca)
- Hours of Operation:**
- Fees:** None
- Addictions Treated:** Alcohol, illicit drugs, prescription drugs, and gambling

### Description/Overview of Services/Programs:

#### I. Why a hospital-based addiction service?

Five to ten percent of all inpatient admissions in Canada are the direct result of medical complications arising from addictions. Hospital inpatients present health care workers with a unique opportunity to address substance use issues at a time when patients are easily accessible and may be considering a change toward a healthier lifestyle. Both Health Canada and the World Health Organization recommend the use of brief counseling techniques in primary care and tertiary settings to motivate patients toward reducing hazardous substance use.

#### II. Who is this service for?

During this initial phase of expansion, the Calgary Health Region Addiction Network team will provide an enhanced consultation service to inpatients at the **Peter Lougheed Centre**. It is available to any adult inpatient at the Peter Lougheed Centre who presents with a history of substance abuse co-occurring **with a significant psychiatric or medical diagnosis**. The full service includes clinical and educational components:

- **The Clinical component** includes:
  - Assessment at the bedside including brief treatment, medical consultation, and liaison services. The service incorporates the evidenced-based approach known as motivational interviewing, a directive non-judgmental counselling style, to enhance patients' intrinsic desire to reduce substance use.
  - In-hospital psycho-educational groups focused on the patients' motivation towards changing their behaviour.
- **The Educational component** includes ongoing education (e.g., training workshops, seminars) and consultation services to PLC staff working with patients with substance use disorders.

## CHR Calgary Eating Disorder Program

<b>Address:</b>	1820 Richmond Road SW Calgary, AB T2T 5C7
<b>Phone:</b>	(403) 943-7700
<b>Fax:</b>	(403) 229-2160
<b>Email:</b>	
<b>Website:</b>	<a href="http://www.calgaryhealthregion.ca/eatingdis">www.calgaryhealthregion.ca/eatingdis</a>
<b>Hours of Operation:</b>	7:30AM – 7:30PM, however, some services, such as inpatient, are 24 hours a day
<b>Fees:</b>	Covered by Alberta Health Care
<b>Addictions Treated:</b>	Eating Disorders (Anorexia Nervosa, Bulimia Nervosa, Eating Disorder Not Otherwise Specified)

### **Description/Overview of Services/Programs:**

The Calgary Eating Disorder Program has a continuum of care spanning promotion, prevention, early intervention, treatment and specialized services for all ages.

### PREVENTION & PROMOTION

The Southern Alberta Promotion/Prevention Specialist works with educators, schools, public health, physicians, and community practitioners to promote healthy body image, self-acceptance and early identification of potential disordered eating for all age groups.

### CONSULTATION SERVICE

Members of the Program staff provide consultation to families, individuals, community therapists, community agencies, physicians, other practitioners, and inpatient units with respect to identifying and treating people with eating disorders across the continuum of care.

### TREATMENT – Outpatient, Day Hospital and Inpatient Services

#### Philosophy & Values

The Eating Disorder Program uses a multidisciplinary team approach to provide care. We believe it is imperative to work collaboratively as a team and to include the client and family in this process. It is important for clients /families to be in control of their own treatment and we will offer choices and options within the boundaries of responsible care. Each client will work with a multidisciplinary team that could include members of the program staff, other hospital staff and community resources as appropriate. We also value transparency and want to be as open as possible.

We know that readiness to participate in treatment is a key determinant of the success of treatment in the long term. Some people who come for an assessment are not ready to make changes at this

time and would like to spend some time exploring their thoughts about change and deciding if they are ready to make any changes. Others who come for an assessment have decided in advance that they would like to make changes. Some would like to start with small changes, while others want to make larger changes over a shorter period of time. Regardless of where the client is in this process, the Eating Disorder Program has options available.

#### Exploration Component

Exploration is designed for individuals who are either not ready to make change or who are thinking about making change, but would like to spend some time exploring possibilities before taking any further steps.

#### Bridging Component

Bridging is a group component designed to provide support and assistance for individuals who are ready to challenge themselves by attending a 3-hour session once per week, which includes two groups and a meal. People who are preparing to attend Foundations Day Hospital Component attend this group.

#### Foundations Day Hospital Component

Foundations is the most intense outpatient treatment component, with a strong group focus. Those who decide to come to Foundations are generally ready to start making changes in a variety of areas of their lives. Clients are aware that this will be quite difficult and that they may have lots of ups and downs along the way. Clients involved in this component attend 5 days per week, 11 hour per day, for a period of 8 to 12 weeks. During this time they attend a variety of psychotherapeutic and psychoeducational groups, eat 3 meals and 2 snacks per day that are supported by staff and attend school for a portion of the day, for those in junior high or high school.

#### Community Treatment Beds

Three community treatment beds are available to support those attending Foundations Day Hospital. These are most frequently used by participants who live outside the Calgary area. However, they can also be used by participants attending Day Hospital residing within Calgary who need extra support on evenings and weekends.

#### Connections Component

Connections is designed to provide an opportunity for patients finishing Foundations to receive ongoing support, transition, and group psychotherapy.

#### Inpatient Beds

Inpatient beds are available to patients who need to be hospitalized due to medical instability and/or the need for a period of 24 hour support to break a long standing pattern of behavior (examples: restricting, bingeing or purging). Four dedicated beds are available at the FMC for patients 14 years of age and up. Beds are available as needed at the ACH on a general medical unit.

### OTHER TREATMENT SUPPORTS

#### Multifamily Group

This group is designed to provide an opportunity for a group of families to learn from each other, give and receive support and encouragement, and improve communication skills. The goal is to come to a better understanding of the impact of the Eating Disorder on each family member, as well as on the family as a unit. This group is run over six sessions of 1.5 hours each.

Parents / Partners Support Group

This group occurs over ten sessions of 1.5 hours each. This group brings parents and partners together to discuss the impact of the Eating Disorder on them. Their issues and their self-care are the primary focus, as opposed to discussing their child or partner who has the Eating Disorder.

Connection with Community Treatment Providers

Each component of the Eating Disorder Program is a step in a process of recovery that continues over a longer period of time. Throughout treatment, it is imperative for clients to remain connected to their family physician, as he/she is a vital link in recovery. We also work hard to include the client's community therapist, and any other professionals they are involved with in the community, to ensure a collaborative coordinated approach between hospital based treatment and community based treatment and follow up.

Psychiatric / Medical Monitoring

Psychiatric and medical appointments are a part of all treatment services to ensure client safety and well being.

## CHR Claresholm Centre for Mental Health and Addictions

**Address:** 139 - 43 Avenue West  
Claresholm, AB T0L 0T0

**Phone:** (403) 625-8500

**Fax:**

**Email:** [claresholmcentre@calgaryhealthregion.ca](mailto:claresholmcentre@calgaryhealthregion.ca)

**Website:** <http://www.claresholmcentre.com/>

**Hours of Operation:**

**Fees:**

**Addictions Treated:** Prescription and Illicit Drugs

### Description/Overview of Services/Programs:

The Calgary Health Region Addiction Centre and Claresholm Centre for Mental Health and Addictions provide a residential concurrent disorders program at the CLaresholm Centre for Mental Health and Addictions at Claresholm, Alberta.

### We accept referrals for adults experiencing problems associated with

1. Opiate Dependence and Chronic Pain

The criteria for admission includes:

- Adults with chronic pain and addiction
- Willingness to change – amendable to progressive withdrawal/tapering and appropriate use of medication
- Medically stable as indicated by a physical examination within the previous 3 month period
- Not acutely psychiatrically unstable at time of admission
- Able to operate in an open, integrated community setting
- Need for stable recovery environment
- Referral source is willing to follow up after discharge

2. Benzodiazepine Dependence and Anxiety Disorder

The criteria for admission includes:

- Adults with chronic benzodiazepine dependence with an anxiety disorder
- Willingness to change – amendable to progressive withdrawal/tapering and appropriate use of medication
- Medically stable as indicated by a physical examination within the previous 3 month period
- Not acutely psychiatrically unstable at time of admission

**CALGARY AND AREA ADDICTION SERVICES**

- Able to operate in an open, integrated community setting
- Need for stable recovery environment
- Referral source is willing to follow up after discharge

**Referral forms** are available on our website [www.addictioncentre.ca](http://www.addictioncentre.ca).

(Please note on the referral form that the patient is to be considered for residential treatment)

\*The minimum length of a Concurrent Disorders Residential Program stay will be 3 weeks, with a maximum stay of 6 months.

## CHR Expecting to Quit

**Address:** #214 – 906 – 8<sup>th</sup> Avenue SW  
Calgary, AB T2P 1H8

**Phone:** (403) 781-1450

**Fax:** (403) 234-9089

**Email:**

**Website:** [www.birthandbabies.com](http://www.birthandbabies.com)

**Hours of Operation:** Monday to Friday 8:00AM – 4:00PM; Saturday 8:30AM – 2:30PM

**Fees:** None

**Addictions Treated:** Tobacco

**Description/Overview of Services/Programs:**

Expecting to Quit is a free six-week series for expectant and new mothers who wish to reduce or quit smoking. The group shares support and learns about the process of quitting, managing cravings, reducing stress and overcoming obstacles.

## CHR P.A.R.T.Y. Program

**Address:** 1403- 29th Ave. NW  
Calgary, Alberta

**Phone:** (403) 944-4099

**Fax:** (403) 270-9416

**Email:** [info@partyprogram.org](mailto:info@partyprogram.org)

**Website:** [www.partyprogram.org](http://www.partyprogram.org)

**Hours of Operation:** Tuesday, Wednesday & Thursday during the school year

**Fees:** None

**Addictions Treated:** None

**Description/Overview of Services/Programs:**

Injury prevention health promotion dealing with risk related behaviour and poor choices often under the influence of drugs/alcohol. Our target audience is grade 9 school students, as well as some pre-graduation sessions for grade 12 students.

## CHR Safeworks Calgary

**Address:** **Calgary Drop In Centre Office**  
117, 499 Riverfront Ave SE  
Phone: (403) 699-8216 Monday to Friday 9 AM – 12 noon;  
Saturday 12:15 – 3:15 PM

**Centre of Hope Office**  
201, 420 9 Ave SE  
Phone: (403) 410-1180 Monday to Friday 1 PM – 5 PM

**8th & 8th Health Centre Office**  
912 – 8th Avenue SW  
Phone: (403) 781-1214 Saturday – Thursday 4 PM – 8 PM

**Van (Mobile Team)**  
Cell: (403) 850-3755 7 nights per week  
Saturday to Thursday 8 PM – 12 AM; Friday 5 PM – 12 AM

**Phone:** See Above

**Fax:** (403) 266-6137

**Email:** [safe.works@calgaryhealthregion.ca](mailto:safe.works@calgaryhealthregion.ca)

**Website:**

**Hours of Operation:** See Above

**Fees:** None

**Addictions Treated:** None

### **Description/Overview of Services/Programs:**

Safeworks is a program designed to prevent the spread of HIV and Hepatitis B and C infection by increasing awareness and knowledge about these infections, safer injection and sexual practices, and by helping people change behaviors surrounding these practices. The program also aims at reducing the use of substance where possible, in order to help clients adopt healthier lifestyles. The team is staffed with community health nurses and outreach workers who reach the population of people living with substance use in Calgary. Safeworks staff have developed trust and rapport with people living with substance use and people involved in prostitution in order to prevent disease, promote health, and reduce harm.

## CALGARY AND AREA ADDICTION SERVICES

### Services Provided:

- Free and confidential HIV, hepatitis A, B & C testing
- Syphilis, Gonorrhea and Chlamydia testing
- Hepatitis A & B vaccination
- Td (tetanus) vaccination
- Flu shots (October – December)
- Pregnancy Testing
- Sputum Testing for TB
- Clean needles (IV & IM)
- Condoms
- Alcohol Swabs
- Water
- Sharps Buckets
- Vein Care (ties & filters)
- Minor dressing changes
- Piercing and crack kits

## CHR Substance Abuse in Later Life (SAILL)

- Address:** Rockyview Hospital, 7007 – 14<sup>th</sup> Street, SW  
Calgary, Alberta T2V 1P9
- Phone:** (403) 943-3453
- Fax:** (403) 212-1230
- Email:**
- Website:** [www.calgaryhealthregion.ca](http://www.calgaryhealthregion.ca)
- Hours of Operation:** Monday to Friday 8:00AM to 4:15PM
- Fees:** None
- Addictions Treated:** Alcohol, prescribed and over the counter medications

### **Description/Overview of Services/Programs:**

The SAILL program provides flexible treatment approaches designed to reduce the effects of substance misuse and improve mental, physical, social and spiritual quality of life. To achieve this, a philosophy of harm reduction is adopted which focuses on efforts to reduce substance misuse and minimize damaging effects. This approach neither excludes nor presumes a goal of abstinence. The SAILL program accepts individuals 60 years of age and older.

## Cocaine Anonymous

- Address:** Meetings occur all over the city.
- Phone:** (403) 568-8008
- Fax:**
- Email:** [cocaab2003@yahoo.ca](mailto:cocaab2003@yahoo.ca)
- Website:** <http://www.ca-ab.org>
- Hours of Operation:** Meetings occur every day all over the city. Meetings usually start between 7:00PM and 8:00PM.
- Fees:**
- Addictions Treated:** Illicit Drugs

### **Description/Overview of Services/Programs:**

Cocaine is a fellowship of men and women who share their experience, strength and hope with each other, that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind altering substances.

There are no dues or fees for membership; we are self supporting through our own contributions. We are not allied with any sect, denomination, politics, organization or institution. We do not wish to engage in any controversy, and we neither endorse nor oppose any causes.

Our primary purpose is to stay clean from cocaine and all other mind-altering substances, and to help others to achieve the same freedom.

## Co-Dependents Anonymous

- Address:** Meetings occur all over the city.
- Phone:** (403) 726-0986 OR (403) 217-2883
- Fax:**
- Email:** [pawfree7@msn.com](mailto:pawfree7@msn.com)
- Website:** <http://www.cdrs.ca/ALTA.html>
- Hours of Operation:** Meetings occur on various days and at various times. Please refer to the website.
- Fees:**
- Addictions Treated:** Alcohol, Eating, Gambling, Illicit Drugs, Prescription Drugs, Sex, Tobacco

### **Description/Overview of Services/Programs:**

Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery -- learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors. We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships with ourselves and others. In CoDA, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege.

This renewal process is a gift of healing for us. By actively working the program of Co-Dependents Anonymous, we can each realize a new joy, acceptance and serenity in our lives.

## Distress Centre Calgary

<b>Address:</b>	Suite 300, 1010 – 8 <sup>th</sup> Avenue SW Calgary, AB T2P 1J2
<b>Phone:</b>	(403) 266-1601
<b>Fax:</b>	(403) 262-2512
<b>Email:</b>	<a href="mailto:info@distresscentre.ab.ca">info@distresscentre.ab.ca</a>
<b>Website:</b>	<a href="http://www.distresscentre.com">www.distresscentre.com</a>
<b>Hours of Operation:</b>	24 hours a day
<b>Fees:</b>	None
<b>Addictions Treated:</b>	All

### **Description/Overview of Services/Programs:**

#### Who We Are

Distress Centre Calgary strives to improve the quality of life in our community by assisting those in crisis. Our staff and volunteers provide crisis intervention and support to clients who come from many different walks of life who find themselves in need of assistance. The Distress Centre programs work to help people stabilize their situation, restore and, if possible, improve their level of functioning while honouring and respecting the potential of those who serve and are served.

#### Who We Serve

Clients of the Distress Centre can include any person from any walk of life who find themselves in crisis. Crisis is a time when a person finds themselves temporarily unable to cope, and is always self-defined. Other clients of the Distress Centre include individuals, groups, or families seeking information on resources available to help them in various situations.

#### Crisis Lines

Our best known programs are our five crisis lines answered by the Distress Centre Volunteers: the Main Crisis and Addictions Line, the Teen Line, the Youth Drug Line, Men's Line, and the Seniors Line. The Seniors Line is for seniors and their caregivers and also acts as the point of contact for the SeniorConnect program, in partnership with the Calgary Senior's Resource Society. Our call centre also serves as the initial point of contact for the Alberta Mental Health Mobile Response Team, and handles overflow calls for the Region 3 Child and Family Services Authority Social Services Response Team and Wood's Homes Community Response Team. The lines are available 24 hours a day, seven days a week.

211 Information and Referral Line

The 211 Information and Referral Line is operated in partnership with the United Way of Calgary and the City of Calgary. It operates 24/7 to provide information and referral to all community, government, and social service programs in Calgary.

Counselling Program

Registered social workers provide no fee face-to-face counselling on site at the Distress Centre. The counselling sessions are short-term and help individuals, families, couples, or groups stabilize their situation and improve their ability to cope.

Public Education

The Distress Centre public education program provides informative and preventative presentations to schools and community groups. Our professional staff speak on a variety of crisis related topics, often with the assistance of volunteers who present first-person accounts in the area of addictions.

## Drumheller Society for Recovery (Grace House)

**Address:** Box 1785  
175 3<sup>rd</sup> Street West  
Drumheller, Alberta T0J 0Y0

**Phone:** (403) 823-5437

**Fax:** (403) 823-7468

**Email:** [gracehouse@telus.net](mailto:gracehouse@telus.net)

**Website:**

**Hours of Operation:** 24 hour residential service

**Fees:** \$15.00 per day

**Addictions Treated:** Alcohol, Illicit Drugs, Prescription Drugs

### Description/Overview of Services/Programs:

- 24 hour residential treatment for men
- 11 beds
- 90 day program
- 12 Step based
- group and individual counseling
- life skills training
- work experience program

## Eagle Moon Lodge

<b>Address:</b>	9400 48 <sup>th</sup> Avenue N.W. Calgary, Alberta
<b>Phone:</b>	(403) 247-7137
<b>Fax:</b>	(403) 286-0878
<b>Email:</b>	
<b>Website:</b>	<a href="http://www.woodshomes.ca">www.woodshomes.ca</a>
<b>Hours of Operation:</b>	Intensive residential program operates 24 hours a day
<b>Fees:</b>	\$330 per day per client
<b>Addictions Treated:</b>	Alcohol, Illicit Drugs, Prescription Drugs

### **Description/Overview of Services/Programs:**

What began as an orphanage, in 1914, has grown into a thriving, multi-service charity serving the most troubled young people in our community.

Often, there is no miracle cure or quick fix for our children, yet Wood's never turns anyone away, we never give up and we never say no. Currently operating 21 programs of care, treatment and education, Wood's partners with many other agencies and community resources to ensure the best treatment possible for the 400 youth and their families we help each day. Wood's Homes helped us become better parents and saved us from disaster.

Based in Calgary, Alberta, Canada, core residential programs are located at two centres; the original Bowness Campus where George Wood Learning Centre is located, and the administrative and program cottages in the Parkdale Community. We also operate regional and rural programs in Lethbridge, the Bow Valley Corridor and Wheatland County.

Other key programs include EXIT Community Outreach for street youth in downtown Calgary, a youth shelter also in the inner city and the Eastside and Westside Family Centres offering free, walk in counselling for all Calgarians. Wood's is known for responsive and innovative services . . . a trusted place where all young people in trouble, regardless of how difficult, can turn to for help.

## Enviros Wilderness School Association Base Camp Program

<b>Address:</b>	#13, 2115-27 <sup>th</sup> Avenue, NE Calgary, AB T2E 7E4
<b>Phone:</b>	(403) 219-3499
<b>Fax:</b>	(403) 219-3466
<b>Email:</b>	<a href="mailto:office@enviros.org">office@enviros.org</a>
<b>Website:</b>	www.enviros.org
<b>Hours of Operation:</b>	24 hours a day
<b>Fees:</b>	None
<b>Addictions Treated:</b>	Alcohol, Illicit Drugs, Prescription Drugs, Tobacco, Eating

### **Description/Overview of Services/Programs:**

Enviros Base Camp provides addiction treatment for youth and their families through a three-month intensive adventure based wilderness program. The program addresses substance abuse issues that require residential treatment and support in an isolated environment. The program is family based, with a commitment to change being made by the family unit. Base Camp strikes a balance between addiction treatment, building on family strengths, traditional school, outdoor education and community experiences to support youth and families in creating change.

### **Program Components**

The focus on this therapeutic program is creating a stable, highly structured environment where youth can address the underlying issues behind their addiction, and work with their family to recognize their strengths and create change.

Families are welcomed and invited to begin their therapeutic journey into treatment at Base Camp. They are introduced to the program and their commitment to treatment is celebrated. The young people and their families walk through the forest into camp, passing signs of the program phases they will proceed through. Courage is the first, as families have the courage to begin making change. As the youth begin to have faith in their abilities, they enter the Trust phase. As they gain more responsibility, the Commitment to treatment is solidified. As they begin the process to reunite with their families, they move into Wisdom, and they support other youth with their knowledge on making change a reality. The whole family spends therapeutic practice time together, prior to participating in Passage Day – their journey from Enviros Base Camp to their communities as a healthy family.

**Clientele** – Youth (aged 12-18 years) and their families.

**CALGARY AND AREA ADDICTION SERVICES**

**Referral** – Through the Alberta Alcohol and Drug Abuse Commission (AADAC). Local AADAC offices are listed in the telephone directory, or contact the 24-hour AADAC help line at 1-866-332-2322.

The program is funded by the Alberta Alcohol and Drug Abuse Commission (AADAC). The academic component is provided in partnership with Alberta Learning and the Calgary Board of Education.

## Enviros Wilderness School Association ExCEL Discovery Program

<b>Address:</b>	#13, 2115-27 <sup>th</sup> Avenue, NE Calgary, AB T2E 7E4
<b>Phone:</b>	(403) 219-3499
<b>Fax:</b>	(403) 219-3466
<b>Email:</b>	<a href="mailto:office@enviros.org">office@enviros.org</a>
<b>Website:</b>	www.enviros.org
<b>Hours of Operation:</b>	24 hours a day
<b>Fees:</b>	None
<b>Addictions Treated:</b>	Alcohol, Illicit Drugs, Prescription Drugs, Tobacco, Eating

### **Description/Overview of Services/Programs:**

The ExCEL Discovery Treatment Program is a pilot program for female young offenders, in the province of Alberta, who are serving open custody time and who may wish to participate in mental health and addictions treatment. The pilot program began September 1, 2005 and is anticipated to end March 31, 2007.

The **mission** of the ExCEL discovery Program is to provide a therapeutic environment that incorporates gender-specific programming for adolescent females throughout Alberta who have been sentenced under the Youth Criminal Justice Act.

The ExCEL Discovery Treatment Program provides a physically and emotionally safe environment that fosters positive growth. Adolescent female gain knowledge and develop skills that contribute to:

- Eliminating or reducing risk factors
- Promoting positive mental health and resiliency
- Interrupting patterns of re-offending
- Creating opportunities to learn life skills
- Reducing or eliminating the use of substance and the associated harmful effects
- Encouraging self-sufficiency through education, experiential and treatment activities
- Using recreational opportunity to develop self esteem
- Offer the opportunity to advance their education (on site teacher)

The ExCEL Discovery Treatment Program provides two streams:

❑ **Discovery Phase**

This is the assessment and introductory treatment phase where female youth are introduced to the program while serving their open custody time. Staff members engage youth during the assessment process, which helps to identify individual treatment needs. Programming in this phase focuses on information and skill development. Decisions to move into the Summit Phase are determined by length of sentence and commitment to more intensive treatment.

❑ **Summit Phase**

This is the intensive treatment phase, to which female youth voluntarily commit. Programming focuses on utilizing intensive therapy to facilitate self-discovery and healing in addition to information and skill development.

The ExCEL Discovery Treatment Program assists in mobilizing community and professional support to assist in the aftercare of adolescent females returning to their respective communities.

### **Working in Partnership**

The following members have partnered to provide a holistic approach to mental health and addiction treatment for adolescent females.

- ❑ Alberta Solicitor General and Public Security, Young Offender Branch
- ❑ Alberta Alcohol and Drug Commission (AADAC), Youth Services
- ❑ Calgary Health Region, Forensic Adolescent Program
- ❑ Enviro Wilderness School Association
- ❑ Alberta Education
- ❑ Calgary Board of Education, West View Secondary

### **Who is Eligible to Access ExCEL Discovery**

- ❑ Females, Serving Open Custody Sentence or in Respite
- ❑ Ages 12-18 years

### **Funded By**

- ❑ Alberta Solicitor General and Public Security

## Fresh Start Recovery Centre

<b>Address:</b>	808 Abbeydale Drive NE Calgary, AB T2A 5X9
<b>Phone:</b>	(403) 387-6266
<b>Fax:</b>	(403) 235-1532
<b>Email:</b>	<a href="mailto:fsac@telus.net">fsac@telus.net</a>
<b>Website:</b>	<a href="http://www.freshstartrecoverycentre.com">www.freshstartrecoverycentre.com</a>
<b>Hours of Operation:</b>	24 hours a day
<b>Fees:</b>	\$450 to \$2,170 per month (sliding scale)
<b>Addictions Treated:</b>	Drugs, Alcohol, Gambling, Sex, Concurrent Disorders

### **Description/Overview of Services/Programs:**

Fresh Start's mission is to provide treatment, support and shelter to "Recover Lives". We aspire to see residents improve their quality of life and re-enter society with the confidence and independence necessary to sustain a healthy, happy and sober lifestyle.

Fresh Start Recovery Centre is a long term relapse prevention treatment opportunity for men located in the city's North East.

Fresh Start Recovery Centre currently houses 33 male residents between its main treatment facility and transitional housing components. Contact may be made from the community, doctors, detoxification units, hospitals, lawyers, Canada Corrections, other treatment centres or family members. The prospective resident must however make the initial contact so that he may be placed on our waiting list. Each new resident must be clean and sober between three and five days prior to admission.

All residents, provided they continue with their program of recovery and maintain all of their house responsibilities i.e.; a minimum number of 12 Step meetings, household duties, etc. may live at Fresh Start up to eighteen months within the main facility. However, if residents decide to transition into the housing component there is no set time limit.

Fresh Start also offers an intensive Day Program whereby a man may continue to live in the community and may continue to maintain his occupation while attending group sessions with the other residents.

Some residents may be requested to attend a pre-treatment module of the program in which the client will attend a number of sessions dealing with such issues as boundaries, self-esteem, or co-dependency. This module can last from 1 to 3 weeks and runs prior to the 8 week program depending on the timing of the resident's admission. The intensive 8 week recovery program uses

the 12 Step Recovery Program as its core. Each man has a specific time period in which to complete a written Step 1 and a written Step 4. Step 5 must be completed within 3 months of the beginning of his group sessions. Other topics covered in the 8 week group counseling sessions include crisis periods, symptoms of relapse, types and stages of addiction, anger and resentments, sexuality and relationships, fears and anxiety.

During the first week of residency each man is to attend each of the three meditations held daily at 9:30 am, 4:30 pm, and 10 pm. Following the first week, all of the men must attend the meditation when they are in the house. Curfew is 12:00 am during the week and 2:00 am on weekends. This allows the men to attend a mandatory of at least 4 outside 12 Step meetings per week.

Besides the group counseling sessions, each man has ongoing individual progress reviews conducted bi-weekly by our counselors as well as a formal assessment testing that is conducted by the contracted psychologist.

We are currently working on expanding our program to include an Employment Placement and Training Program.

## Gam-Anon

- Address:** Meetings occur all over the city.
- Phone:** (403) 237-0654
- Fax:**
- Email:**
- Website:** <http://www.gam-anon.org/gamanon/meeting.cfm>
- Hours of Operation:** Meetings occur on various days and at various times. Please refer to the website.
- Fees:**
- Addictions Treated:** Gambling

### **Description/Overview of Services/Programs:**

The self-help organization of Gam-Anon is a life saving instrument for the spouse, family or close friends of compulsive gamblers. We come into the group feeling alone, frightened, helpless, desperate and ashamed. We hesitated to share problems and failures, fearing none could understand. The Gam-Anon group is warmly accepting and it offers the new member identification.

The message we receive is: "Come join with us, we too were alone, afraid and unable to cope with the problem; we will share with you a new and fulfilling way of life". Gam-Anon's purposes are three-fold: To learn acceptance and understanding of the gambling illness; to use the program and its problem solving suggestions as aids in rebuilding our lives and, upon our own recovery, to give assistance to those who suffer.

In Gam-Anon the member will experience relief from anxiety by accepting the fact of powerlessness over the problem in the family. The heavy load of responsibility for the gambling problem is lifted and the agonizing guilt in regard to failures is gradually alleviated. The energy wasted in attempts to stop loved ones from gambling can be channeled into more useful methods of problem solving.

The program suggests that we refuse to be responsible for the gambler's behavior, assuming responsibility only for that which is ours. The prevailing idea is, "The gambler will play as long as someone else will pay."

## Gamblers Anonymous

- Address:** Meetings occur all over the city.
- Phone:** (403) 237-0654
- Fax:**
- Email:** [shannonmonaghan@yahoo.ca](mailto:shannonmonaghan@yahoo.ca)
- Website:** <http://www.gamblersanonymous.org/mtgdirCAN.html>
- Hours of Operation:** Meetings occur on various days and at various times. Please refer to the website.
- Fees:**
- Addictions Treated:** Gambling

### **Description/Overview of Services/Programs:**

GAMBLERS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

The only requirement for membership is a desire to stop gambling. There are no dues or fees for Gamblers Anonymous membership; we are self-supporting through our own contributions. Gamblers Anonymous is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any cause. Our primary purpose is to stop gambling and to help other compulsive gamblers do the same.

Most of us have been unwilling to admit we were real problem gamblers. No one likes to think they are different from their fellows. Therefore, it is not surprising that our gambling careers have been characterized by countless vain attempts to prove we could gamble like other people. The idea that somehow, some day, we will control our gambling is the great obsession of every compulsive gambler. The persistence of this illusion is astonishing. Many pursue it into the gates of prison, insanity or death.

We learned we had to concede fully to our innermost selves that we are compulsive gamblers. This is the first step in our recovery. With reference to gambling, the delusion that we are like other people, or presently may be, has to be smashed. We have lost the ability to control our gambling. We know that no real compulsive gambler ever regains control. All of us felt at times we were regaining control, but such intervals - usually brief -were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced that gamblers of our type are in the grip of a progressive illness. Over any considerable period of time we get worse, never better. Therefore, in order to lead normal happy lives, we try to practice to the best of our ability, certain principles in our daily affairs.

## Mustard Seed – Step Up

<b>Address:</b>	102 – 11 Ave. SE
<b>Phone:</b>	(403) 269-1319
<b>Fax:</b>	(403) 237-5296
<b>Email:</b>	<a href="mailto:info@theseed.ca">info@theseed.ca</a>
<b>Website:</b>	<a href="http://www.theseed.ca">www.theseed.ca</a>
<b>Hours of Operation:</b>	24 hours a day
<b>Fees:</b>	No cost except for transitional housing
<b>Addictions Treated:</b>	None

### Description/Overview of Services/Programs:

We have a health centre on site that offers the following:

- Volunteer doctor twice a week
- Volunteer chiropractor twice a week.
- The Alex bus comes to the SEED twice a week with their bus and use the health centre once a week for foot care
- SOS comes in once a week
- CUPS nurse comes in twice a week
- TB testing bi-yearly
- Flu shots once a year

Basic Services that are offered:

- Housing – see above
- Food Services
  - Three meals for program guests and one meal for community
  - Work program – one meal and a bagged meal when needed
- Showers
- Clothing
- Personal resource mentor (each program guest is assigned to a mentor to assess their situation and do a personal program to help our guests get off the street and stay off the street – sustainable livelihood).

Progress services that are offered:

- Education
  - GED
  - First year university – humanities
  - MS office

**CALGARY AND AREA ADDICTION SERVICES**

- Employment
  - Resume
  - Temp services

## Narcotics Anonymous

- Address:** Meetings held in various locations throughout Calgary & vicinity.
- Phone:** (403) 569-3427
- Fax:**
- Email:**
- Website:** [www.chinookna.org](http://www.chinookna.org)
- Hours of Operation:** Phone lines are open from 8:00AM to 11:00PM daily.
- Fees:** None
- Addictions Treated:** Illegal and Prescription Drugs

### **Description/Overview of Services/Programs:**

"NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We ... meet regularly to help each other stay clean. ... We are not interested in what or how much you used ... but only in what you want to do about your problem and how we can help."

There are no social, religious, economic, racial, ethnic, national, gender, or class-status membership restrictions. There are no dues or fees for membership; while most members regularly contribute small sums to help cover the expenses of meetings, such contributions are not mandatory.

Narcotics Anonymous provides a recovery process and support network inextricably linked together. One of the keys to NA's success is the therapeutic value of addicts working with other addicts. Members share their successes and challenges in overcoming active addiction and living drug-free productive lives through the application of the principles contained within the Twelve Steps and Twelve Traditions of NA. These principles are the core of the Narcotics Anonymous recovery program. Principles incorporated within the steps include:

- admitting there is a problem;
- seeking help;
- engaging in a thorough self-examination;
- confidential self-disclosure;
- making amends for harm done; and
- helping other drug addicts who want to recover.

Central to the Narcotics Anonymous program is its emphasis on practicing spiritual principles. Narcotics Anonymous itself is non-religious, and each member is encouraged to cultivate an individual understanding—religious or not—of this "spiritual awakening."

## CALGARY AND AREA ADDICTION SERVICES

Narcotics Anonymous is not affiliated with other organizations, including other twelve step programs, treatment centers, or correctional facilities. As an organization, NA does not employ professional counselors or therapists nor does it provide residential facilities or clinics. Additionally, the fellowship does not provide vocational, legal, financial, psychiatric, or medical services. NA has only one mission: to provide an environment in which addicts can help one another stop using drugs and find a new way to live.

In Narcotics Anonymous, members are encouraged to comply with complete abstinence from all drugs including alcohol. It has been the experience of NA members that complete and continuous abstinence provides the best foundation for recovery and personal growth. NA as a whole has no opinion on outside issues, including prescribed medications. Use of psychiatric medication and other medically indicated drugs prescribed by a physician and taken under medical supervision is not seen as compromising a person's recovery in NA.

Membership is open to all drug addicts, regardless of the particular drug or combination of drugs used. When adapting AA's First Step, the word "addiction" was substituted for "alcohol," thus removing drug-specific language and reflecting the "disease concept" of addiction.

## Oxford House Foundation of Canada

- Address:** 204, 1409 Edmonton Trail N.E.  
Calgary, Alberta T2E 3K8
- Phone:** Administration: (403) 214-2046  
Outreach: (403) 287-8771
- Fax:** (403) 214-2047
- Email:** [oxfordhouse@shaw.ca](mailto:oxfordhouse@shaw.ca)
- Website:**
- Hours of Operation:** Administrative Office: 8:30AM to 4:30PM  
Houses: 24 hours a day
- Fees:** Member Fees range from \$370 to \$410 per month (excludes food)
- Addictions Treated:** Alcohol, Drugs, Gambling

### **Description/Overview of Services/Programs:**

Our houses are safe (zero tolerance) and affordable (\$310-\$370/month). Everything is there for the residents except for their own food. The total amount of fees from each resident in that house is used to pay the mortgage or rent, utilities and natural gas, telephone, cable tv. The houses are self-run by the residents and self-supporting by the fees paid. There is no counselor or manager on staff in each house and each resident has an equal vote in decision-making. Our Outreach Staff ensure that Admission Criteria is met and an interview conducted. The house itself will interview a possible candidate and vote on acceptance. All residents are to be working full-time, going to school or volunteering. Active recovery with attendance of at least 2 12-step meetings per week.

## Recovery Acres (Calgary) Society

**Address:** 1835 – 27<sup>th</sup> Ave. SW  
Calgary, AB

**Phone:** (403) 245-1196

**Fax:** (403) 244-4019

**Email:** [info@recoveryacres.org](mailto:info@recoveryacres.org)

**Website:** [www.recoveryacres.org](http://www.recoveryacres.org)

**Hours of Operation:** 24 hours a day

**Fees:** \$520 per month

**Addictions Treated:** Alcohol, Drugs

### **Description/Overview of Services/Programs:**

Day Program – 2-4 weeks

Long Term – 1-3 months

Transitional – 4-24 months

## S-Anon

**Address:** Meetings occur all over the city.

**Phone:** (403) 229-0304

**Fax:**

**Email:**

**Website:** [www.sa.org](http://www.sa.org)

**Hours of Operation:**

**Fees:**

**Addictions Treated:** Sex

**Description/Overview of Services/Programs:**

S-Anon is for spouses of sex addicts. An initial phone call must be made prior to attending meetings.

## Salvation Army Centre of Hope

**Address:** 420-9<sup>th</sup> Ave SE  
Calgary, AB

**Phone:** (403) 410-1147

**Fax:** (403) 410-1098

**Email:**

**Website:** [www.ab.salvationarmy.ca](http://www.ab.salvationarmy.ca)

**Hours of Operation:** 24 hours a day

**Fees:**

**Addictions Treated:** Alcohol, Illicit and Prescription Drugs

### **Description/Overview of Services/Programs:**

The Salvation Army Calgary Addictions Treatment Program is a 44 bed residential addictions treatment program. The program is 4 weeks long. It is a Christ centered 12 step addictions treatment program based on a modification of the Minnesota Model (Bio-Physical-Social-Spiritual). The material from The Salvation Army Territorial Headquarters for Canada and Bermuda entitled "My Personal Journey" is currently being used for this program as well as "Serenity Steps," "Spiritual Journey Steps" and "A Program for You."

## Servants Anonymous Society of Calgary

**Address:** 1008 14 ST SE Calgary AB T2G 3K3

**Phone:** (403) 237-8477

**Fax:** (403) 205-5549

**Email:** [info@servantsanon.com](mailto:info@servantsanon.com)

**Website:** [www.servantsanon.com](http://www.servantsanon.com)

**Hours of Operation:** Office Hours: Monday to Friday 8:30AM to 4:30PM  
Residential: 24 hours a day

**Fees:** Rent \$150 per month

**Addictions Treated:** Alcohol, Drugs

### **Description/Overview of Services/Programs:**

The Servants Anonymous Society of Calgary's [SAS] mission is to provide long-term programs, ongoing support, hope and wholeness to young women [with or without children] who are victims of, or are at risk of, sexual exploitation.

SAS offers a recovery-based, life skills program. Duration is an average of six to eight months, fulfilled at the individual's pace.

SAS offers three levels of subsidized housing to our Participants and their children

Phase 1 - Frontline [six month average stay]

Phase 2 - Transitional [1.5 years average stay]

Phase 3 - Independent [5 years average stay]

Participants are given the opportunity to engage in a paid six-month work experience contract in any one of the business areas.

## Sex Addicts Anonymous

**Address:** Meetings occur all over the

**Phone:** city. (403) 214-1808

**Fax:**

**Email:**

**Website:** [www.saa-recovery.org](http://www.saa-recovery.org)

**Hours of Operation:** Meetings occur Monday, Wednesday, Thursday and Saturday

**Fees:**

**Addictions Treated:** Sex

### **Description/Overview of Services/Programs:**

A Sex Addicts Anonymous meeting consists of a group of two or more individuals who - using the Twelve Steps and Twelve Traditions of SAA - meet together regularly for the purpose of recovering from their compulsive sexual behavior. A SAA meeting is a safe place. It is a gathering of equals who keep confidences, refrain from judgment, and who support one another through sharing their experience, strength and hope in seeking the common goal of recovering from sexual addiction. What are the requirements for membership in SAA? Only the desire to recover from their compulsive sexual behavior. There are no other requirements and no members dues or fees other than voluntary contributions.

## Sexaholics Anonymous

- Address:** Meetings occur all over the city.
- Phone:** (403) 229-0304
- Fax:**
- Email:**
- Website:** [www.sa.org](http://www.sa.org)
- Hours of Operation:** Meetings occur at 12:00PM on Wednesday and at 7:00PM in the evenings.
- Fees:**
- Addictions Treated:** Sex

**Description/Overview of Services/Programs:**

Meetings occur every day but are closed. This means that an initial contact phone call must be made prior to attending. Sexaholics Anonymous also holds an annual retreat. There is a connection with S-Anon (for spouses)

## Simon House Residence Society

<b>Address:</b>	5807 Bowness Road NW Calgary, AB
<b>Phone:</b>	(403) 247-2050
<b>Fax:</b>	(403) 247-2104
<b>Email:</b>	<a href="mailto:info@simonhouse.com">info@simonhouse.com</a>
<b>Website:</b>	<a href="http://www.simonhouse.com">www.simonhouse.com</a>
<b>Hours of Operation:</b>	24 hours a day
<b>Fees:</b>	\$15 per day
<b>Addictions Treated:</b>	All addictive substances with the exception of tobacco and caffeine. These include but are not limited to alcohol, cocaine, methamphetamine, marijuana, and prescription drugs.

### **Description/Overview of Services/Programs:**

Simon House Residence Society is an 84 multiphase residential treatment centre. In 2003, 2004, 2005 Simon House Residence Society both had a 50% success rate based on the 1 year clean and sober benchmark and received the Fraser Institute's Donner Award for being the Highest Performing Addiction Treatment Centre in Canada. Phase 1 is a 7 week intensive residential treatment program. Phase 2 and 3 are transitional housing with support from the counseling staff.

## SMART Recovery

- Address:** 223—12th Avenue S.W.  
Calgary, AB
- Phone:** (403) 803-1049
- Fax:**
- Email:**
- Website:** [www.smartrecovery.ca](http://www.smartrecovery.ca)
- Hours of Operation:** Meetings occur every Monday and Wednesday at 7:00PM
- Fees:** None
- Addictions Treated:** Alcohol, Eating, Gambling, Illicit Drugs, Prescription Drugs, Sex, Tobacco

**Description/Overview of Services/Programs:**

SMART is a free self-help program for recovery from addictive behavior. Groups are led by a lay-coordinator. Most groups also have a volunteer advisor who is a mental health professional. Our purpose is to support individuals who have chosen to abstain, or are considering abstinence from any type of addictive behavior, (substances or activities), by teaching how to change self-defeating thinking, emotions, and actions; and to work towards long-term satisfactions and quality of life. SMART is not a twelve step program. It is based on modern cognitive/behavioral methods, particularly Rational Emotive Behavioral Therapy (REBT). We think someone's religious or spiritual convictions are a personal matter that can be helpful, but are not a part of the SMART program. SMART teaches people practical, proven self-management and recovery skills.

## Sunrise Native Addictions Services Society

- Address:** 1231 – 34 Avenue N.E.  
Calgary, Alberta, T2E 6N4
- Phone:** (403) 261-7921
- Fax:** (403) 261-7945
- Email:** [nasgeneral@nass.ca](mailto:nasgeneral@nass.ca)
- Website:**
- Hours of Operation:** Monday to Friday 8:00AM – 4:00PM (office)
- Fees:** \$15 per diem (residential); no fee for outpatient services
- Addictions Treated:** Alcohol; drugs; problem gambling.

**Description/Overview of Services/Programs:**

Outpatient and Residential addictions treatment programs, individual counseling, referrals, evening groups addressing women's aggressive behaviors and men's spousal abuse issues, youth and family counselor, Long Term Residential Program (3 months), programs are Aboriginal based and use Medicine Wheel format. Sunrise has 36 residential beds total, 3 of which are pre/post beds and 6 of which are long term beds.

## Tom Baker Smoking Cessation Program

- Address:** Alberta Cancer Board Holy Cross Site - Phase I  
Department of Psychosocial Resources  
2202 - Second Street S.W.  
Calgary AB T2S 3C1
- Phone:** (403) 355-3299 Smoking Cessation Line  
(403) 355-3207  
(403) 355-3214 (Smoking Cessation Rural Telehealth Initiative)
- Fax:** (403) 355-3206
- Email:**
- Website:** [http://www.cancerboard.ab.ca/cancer/cancer\\_public\\_smoking.html](http://www.cancerboard.ab.ca/cancer/cancer_public_smoking.html)
- Hours of Operation:** Program is offered three times a year, with sessions starting in January, May and September. Sessions run on Tuesdays from 7:00PM to 8:30PM at TBCC Auditorium and various sites across the province via Telehealth videoconferencing technology.
- Fees:** \$100 for general public, \$25 for Alberta Cancer Board employees, cancer patients and Calgary Health Region employees (other regions across the province also implemented various subsidy programs; inquire locally). The fee covers all 8 sessions of the program, course materials, a relaxation CD plus two sessions for family members or friends.
- Addictions Treated:** Tobacco

### **Description/Overview of Services/Programs:**

This successful program has been offered through the TBCC since 1983 and has helped over 6000 people with quitting smoking. The program is led by two clinical psychologists and quit rates are some of the best in North America. The program utilizes the most recent, empirically grounded methods and techniques such as behaviour modification, cognitive restructuring, relaxation techniques, and self-hypnosis. Participants learn strategies to quit and to help with physical and psychological recovery, and how to elicit personal support from friends and family.

## Tsuu T'ina Nation Spirit Healing Lodge

**Address:** 3700 Anderson Road SW, Box 101

**Phone:** (403) 281-6866 / 6933

**Fax:** (403) 238-0995

**Email:** [ttnsal@telusplanet.net](mailto:ttnsal@telusplanet.net)

**Website:**

**Hours of Operation:**

**Fees:**

**Addictions Treated:** Alcohol, Illicit Drugs, Prescription Drugs

### **Description/Overview of Services/Programs:**

Special services:

- Follow-up / aftercare
- Intake screening
- Outpatient services
- Walk-in & crisis services

Treatment components:

- Alcohol & other drug education
- Assessment
- Case management
- Consultation with professionals
- Crisis intervention
- Cultural activities
- Group counselling
- Individual aftercare & planning
- Individual counselling
- Individual treatment planning
- Intake
- Orientation
- Recreation therapy
- Referral
- Reports and record keeping

## Women for Sobriety

- Address:** 1177 – 11<sup>th</sup> Avenue S.W.  
Calgary, AB
- Phone:** Sally at 403-253-9063
- Fax:**
- Email:**
- Website:** [www.womenforsobriety.org](http://www.womenforsobriety.org)
- Hours of Operation:** Meeting – Wednesday at 7:00 PM
- Fees:** None
- Addictions Treated:** Alcohol, gambling, eating, illicit drugs, prescription drugs sex, and tobacco.

**Description/Overview of Services/Programs:**

Women For Sobriety, Inc. is a non-profit organization dedicated to helping women overcome alcoholism and other addictions. This mutual aid group uses their “New Life” program to help achieve sobriety and sustain ongoing recovery. Their message is: “We are capable and competent, caring and compassionate, always willing to help another; bonded together in overcoming our addictions.”

## Youville Residence Society of Alberta

**Address:** 3210 29th Street SW

**Phone:** 403-242-0244

**Fax:** 403-242-3915

**Email:**

**Website:** [www.youville.net](http://www.youville.net)

**Hours of Operation:** 24 hours a day

**Fees:** Phase I 28 days = \$420, 30 days = \$450, 31 days = \$465  
Phase II \$250.00 a room  
Family Program 2 bedroom suite \$700.00 1 bedroom Suite \$600.00

**Addictions Treated:** Alcohol/drug, history of abuse, mental health distress

### **Description/Overview of Services/Programs:**

The Youville Residence provides services for women eighteen years of age and older who have addictions, experiences of abuse and violence and mental health distress, in a unique, long term residential care treatment program facility located in southwest Calgary. Youville has three components to its programs. Phase I provides highly structured recovery services including individual and group counselling sessions. The average length of stay is five months. Phase II provides supported affordable independent living including a weekly support group and individual counselling as required. The Family program is for women with children.

## DEFINITIONS OF TERMS

Service Category	Definition
<b>Addiction</b>	Addiction is a primary, chronic disease, characterized by impaired control over the use of a psychoactive substance and/or behaviour. Clinically, the manifestations occur along biological, psychological, sociological and spiritual dimensions. Common features are change in mood, relief from negative emotions, provision of pleasure, preoccupation with the use of substance(s) or ritualistic behaviour(s); and continued use of the substance(s) and/or engagement in behaviour(s) despite adverse physical, psychological and/or social consequences. Like other chronic diseases, it can be progressive, relapsing and fatal. (Canadian Society of Addiction Medicine)
<b>Concurrent Addiction Programs - Capable</b>	Welcomes people with co-occurring disorders whose conditions are sufficiently stable, so that neither symptoms nor disability significantly interferes with standard treatment. Makes provision for concurrent disorders in program mission, screening, assessment, treatment planning, psychopharmacology policies, program content, discharge planning, and staff competency and training (Minkoff, 2001).
<b>Concurrent Addiction Programs - Enhanced</b>	Program enhanced to accommodate people with sub-acute mental health symptomatology or moderate disability. Enhanced mental health staffing and programming, increased levels of staffing, staff competency and supervision. Increased co-ordination with continuing mental health or integrated treatment settings (Minkoff, 2001).
<b>Crisis Intervention</b>	Services responding to the acute emotional and/or physical distress of those experiencing symptoms or negative consequences associated with their addition to a substance or behaviour. The goals of crisis intervention services are to provide a comprehensive assessment, offer stabilization support, and provide an appropriate follow up treatment plan. (Adapted from Aguilera's and the Canadian Centre on Substance Abuse's definition)
<b>Detoxification</b>	Detoxification implies a clearing of toxins or cessation of behavior. However, for individuals with physiologic substance dependence, detoxification is defined as the management of withdrawal symptoms. Detoxification may occur in many different settings including medical, non-medical, intox, or home. (American Society of Addiction Medicine [ASAM])
<b>Health Promotion</b>	A strategy for improving the health of the population by providing individuals, groups and communities with the tools to make informed decisions about their well-being. Moving beyond the traditional treatment of illness and injury, health promotion efforts are centered primarily on the social, physical, economical and political factors that affect health, and include such activities as the promotion of physical fitness, healthy living and good nutrition. Emphasis is placed on collaborative work with other sectors. (Health Canada)

CALGARY ADDICTION SERVICES

<b>Intensive Outpatient</b>	Nine or more hours of service per week (six for adolescents) to treat multi-dimensional instability. (ASAM)
<b>Medically Managed Intensive Inpatient</b>	Twenty-four hour nursing care and daily physician care for severe, unstable problems in acute intoxication and/or withdrawal potential, biomedical conditions and complications, or emotional, behavioral or cognitive conditions and complications. A counselor is generally available sixteen hours per day. (ASAM)
<b>Mutual Aid</b>	Mutual Aid is the act of lending support and/or assistance to another/others. When addressing addiction or addictive behaviour, mutual aid most commonly refers to a group of people drawn together by sharing a common addiction, i.e., alcohol, illicit drugs, sex, overeating, etc. Group members offer support, suggestions and optimism to one another as they strive to overcome active addiction.
<b>Outpatient</b>	Treatment provided on a non-residential basis, usually in regularly scheduled session. Less than 9 or more hours of service per weeks (6 for adolescents) for recovery or motivational enhancement therapies and strategies. (ASAM)
<b>Partial Hospitalization</b>	Twenty or more hours of service/week for multi-dimensional instability that does not require 24 hour care. (ASAM)
<b>Prevention and Early Intervention</b>	<p><b>Primary Prevention:</b> The aim of primary prevention is to reduce the incidence of disease in populations at risk. This type of prevention emphasizes the promotion of healthy personality development, healthy families, and healthy communities through the reduction of factors considered harmful to these various systems. It applies to the population, community, and social institution rather than to the individual. In mental health, primary prevention aims at promoting mental health and reducing new cases of disease in general. (Caplan)</p> <p><b>Secondary Prevention:</b> The aim of secondary prevention is to reduce the prevalence of an illness through early case finding and effective treatment. The emphasis is placed on referrals to appropriate health services, accessibility of services for clients, and rapid initiation of active treatment. (Caplan)</p> <p><b>Tertiary Prevention:</b> The aim of tertiary prevention is to reduce the long term disability of disease through programs of aftercare, rehabilitation, and re-socialization. Emphasis is placed on preparing clients for living independently, and maintaining or improving their current health status. An important element is continuity of care and modification of care as circumstances change. (Caplan)</p>
<b>Residential Treatment</b>	<p><b>Low Intensity:</b> 24-hr structure with available trained personnel; at least 5 hrs of clinical service per week. (ASAM)</p> <p><b>Medium Intensity:</b> 24-hr care with trained counselors to stabilize multi-dimensional imminent danger. Less intense milieu and group treatment for those individuals with cognitive or other impairments. (ASAM)</p>

**CALGARY ADDICTION SERVICES**

	<b>High Intensity:</b> 24-hr care with trained counselors to stabilize multi-dimensional imminent danger and prepare the patient for outpatient treatment. (ASAM)
<b>Shelter</b>	A temporary place to stay (usually three days to two weeks), generally in dormitory-style facilities with very little privacy, for people who have no permanent housing. (Inform Alberta)
<b>Supported Housing</b>	Housing that assists residents in establishing independent living in the community. Residents are provided with various types of support to increase their chance of success. Support services may include rental subsidies and/or support from community workers in goal setting and developing skills such as cooking, cleaning, personal hygiene, money management and social skills. (ASAM)

# EVALUATION

## CALGARY AND AREA ADDICTION SERVICES GUIDE

IN ORDER TO CONTINUALLY IMPROVE ON THE USEFULNESS OF THIS DOCUMENT, WE WOULD APPRECIATE YOUR COMMENTS ON THE FOLLOWING:

1. How did you hear about the Calgary and Area Addiction Services Guide?

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2. (a) Did you find the guide useful? If so, in what way?

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(b) If not, do you have any suggestions for improvement?

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3. What are your thoughts on the availability of addiction services in the Calgary region?

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4. Any other comments?

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Please Return To: Calgary and Area Addiction Services Guide  
Suite 1230, 639 5<sup>th</sup> Ave. SW  
Calgary, AB T2P 0M9