

Mental Health or Addictions Emergency

If you are experiencing a mental health or addictions emergency, please call 911 or go directly to the Emergency/Urgent Care Department located in your area.

We look forward to your attendance at our _____ group starting _____ at _____

Other groups and services are available throughout the year. Please contact us to discuss how we may be able to support you:

Pemberton Mental Health & Substance Use Services

1403 Portage Road
Pemberton, BC V0N 2L0
Office Phone: 604-894-6967
Assessment & Treatment Matching Team:
604-698-5861

Squamish Mental Health & Substance Use Services

38075 Second Ave
P.O. Box 220
Squamish, BC V8B 0A2
Assessment & Treatment Matching Team:
778-894-3200

Whistler Mental Health & Substance Use Services

202-4380 Lorimer Road
Whistler, BC V0N 1B4
Assessment & Treatment Matching Team:
604-698-6455

For more copies, go online at <http://vch.eduhealth.ca> or email phe@vch.ca and quote Catalogue No. **JB.560.S43**
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www.vch.ca

Sea to Sky Mental Health & Substance Use Services Therapeutic Group Programming

**Pemberton,
Squamish, Whistler**

Our Vision

Our team provides accessible, compassionate, client-centered care to individuals, groups and the community.

We work together with our community partners to provide our clients with the best possible support.

Group Programming

Drop-In Group Programming

SMART Recovery Program

- Self help, harm reduction based program for people who would like to reduce/quit an alcohol, drug or other addictive habit
- Goals include learning how to increase motivation, handle urges without acting on them, develop new ways of coping with problems and how to create a healthy, positive lifestyle

Wellness Group

- Weekly topics are based around the four pillars of wellness – mind, body, heart and spirit – which offer an opportunity for discussion regarding wellness promoting activities

Closed Groups

Changeways Core Program

- Utilizes a Cognitive Behavioral Therapy (CBT) model emphasizing the role of thoughts, actions and feelings in life problems
- Especially helpful for those who are struggling with depressive and/or anxiety symptoms related to difficult life situations

Changeways Assertiveness Program

- Builds on the skills learned in the Changeways Core Program focusing on the development of healthy, assertive communication skills
- Reviews the four primary communication styles and teaches how assertive communication generally produces more favorable outcomes

Trauma Group

- For those who have been impacted by traumatic events, this group will assist in recognizing the symptoms of psychological trauma and support the development of skills needed to cope

Anxiety Group

- For those who struggle with various forms of anxiety, this program focuses on the development of coping skills that assist in managing worry thoughts, social anxieties, panic attacks and other disruptive symptoms

Who is Eligible?

If you are:

- 19 years or older
- Struggling with a mental health concern such as depression, anxiety, stress, situational challenges or emotional difficulties
- Challenged by substance misuse or other addictive habit
- Have completed an intake assessment with Assessment and Treatment Matching (ATM) Team or are already enrolled in formal programming with Sea to Sky Mental Health and Substance Use Services

