
















Vancouver Daytox Weekly Schedule
July 7th to Aug 3rd

| <div>Facilitated by Junction </div> <div>Legend </div> <div>Alternate Location</div> <div>Please note: All Daytox-facilitated groups are hosted both in person and on Zoom (unless otherwise specified)</div> | | | | | |
|---|---|---|--|---|---|
| Mon | Tues | Wed | Thur | Fri | Sat |
| <div>Check-in</div> <div>9:00-10:00AM</div> | <div>Check-in</div> <div>9:00-10:00AM</div> | <div>Alumni welcome</div> <div>Check-in</div> <div>9:00-10:00AM</div> | <div>Check-in</div> <div>9:00-10:00AM</div> | <div>Check-in</div> <div>9:00-10:00AM</div> | <div>Alumni welcome</div> <div>Check-in</div> <div>9:00-10:00AM</div> |
| <div>Acceptance & Commitment Therapy (ACT)</div> <div>11:00-12:00PM</div> | <div>Recovery Dharma</div> <div>11:00-12:00PM</div> | <div>Alumni welcome</div> <div>Peer Panel</div> <div>11:30-12:30PM</div> <div>July 9</div> | <div>Science of Recovery</div> <div>11:00-12:00PM</div> | <div>Shame Resilience</div> <div>11:00-12:00PM</div> | <div>Cognitive Behavioral Therapy (CBT)</div> <div>11:00-12:00PM</div> |
| <div>Alumni welcome</div> <div>Acupuncture</div> <div>1:15-2:45PM</div> <div>*in-person only*</div> | <div>Alumni welcome</div> <div>Acupuncture</div> <div>1:15-2:45PM</div> <div>*in-person only*</div> | <div>Alumni welcome</div> <div>Acupuncture</div> <div>1:15-2:45PM</div> <div>*in-person only*</div> | <div>Alumni welcome</div> <div>Acupuncture</div> <div>1:15-2:45PM</div> <div>*in-person only*</div> | <div>Alumni welcome</div> <div>Acupuncture</div> <div>1:15-2:45PM</div> <div>*in-person only*</div> | <div>Alumni welcome</div> <div>Trauma 101 Workshop</div> <div>1:00-2:30 PM</div> <div>July 26</div> |
| <div></div> <div>Art Expressions</div> <div>3 Bridges CHC- Rm 215</div> <div>2:30-4:00PM</div> <div>*in-person only*</div> | <div></div> <div>Zen Out</div> <div>RLL-Rm 223</div> <div>4:30-5:30PM</div> <div>*in-person only*</div> | <div></div> <div>Smudge & Feather</div> <div>312 Main St. Ground Floor</div> <div>1:30-3:00PM</div> | <div></div> <div>2SLGBTQIA+ All Pathways</div> <div>3 Bridges CHC- Rm 215</div> <div>4:30-5:30PM</div> <div>*in-person only*</div> | <div>Level Up! Ceremony</div> <div>RLL-Rm 223</div> <div>2:30-4:00PM</div> <div>July 25</div> | |
| <div>Alumni welcome</div> <div>SMART</div> <div>RLL-Rm325</div> <div>3:30-4:30PM</div> <div>*in-person only*</div> | <div></div> <div>All Pathways</div> <div>RLL-Rm 223</div> <div>6:00-7:00PM</div> <div>*in-person only*</div> | | <div>Circle followed by various cultural & recovery activities</div> <div>3:30-6:00PM</div> <div>*in-person only*</div> | | |
| <div></div> <div>All Pathways on Zoom</div> <div>6:00-7:00PM</div> | <div></div> <div>All Pathways on Zoom</div> <div>6:00-7:00PM</div> | <div></div> <div>All Pathways on Zoom</div> <div>6:00-7:00PM</div> | <div></div> <div>All Pathways on Zoom</div> <div>6:00-7:00PM</div> | <div>PLEASE NOTE: There are no afternoon groups for Thursday, July 10th!</div> | |
| <div></div> <div>All Pathways on Zoom</div> <div>6:00-7:00PM</div> | | | | | |
| <div>All Pathways Zoom Link:</div> <div>https://vancouvercoastalhealth.zoom.us/my/junctionallpathways</div> <div>Meeting ID: 244 730 7088 Passcode: 280265</div> | | | | | |

New Client Orientation/Meet & Greet:

You must first register for Daytox to be booked for & attend an orientation

Session for new clients to ask questions and gather information about the Daytox program. The first 30 mins will be in a group format, then you'll meet one of our staff 1:1 to build your individual treatment plan.

How can I get into Daytox?

Call ACCESS at 1-866-658-1221 for a self-referral

What is Daytox?

Daytox is a day program for recovery from substance use offered by Vancouver Coastal Health, for people whose substance use does not require residential treatment. Daytox is a structured, 8-12 week program that operates on the principles of being client-centered and trauma-informed. Clients have the chance to attend a variety of Zoom and in-person groups and also receive one-on-one support while enrolled in the program.

What services are available at Daytox?

Daytox operates on a bio-psycho-social approach. That is a fancy way of saying that we provide programming that helps you take care of your physical, emotional, and social needs. Daytox provides one-on-one counselling, recovery navigation, and 1:1 peer support. Additionally, you have a chance to connect with a group of like-minded, recovery-focused Individuals. We can also help with referrals to treatment and community case management as needed.

Who can access Daytox?

Daytox is available to adult residents of Vancouver and Richmond.

All the Daytox group materials/hand outs, and other community resource flyers, will be available at the [Daytox Drop box](#) - provided following orientation.


Legend:



Facilitated by Junction  Alternate Location 

Group Descriptions

Acupuncture: In person sessions, aids with withdrawal, cravings and helps prevent relapse.

Acceptance and Commitment Therapy (A.C.T): An empirically based psychological intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility.

All-Pathways Meeting This is a general sharing & mutual support meeting that is inclusive of all pathways and flavors of recovery. There are separate meetings available on both Zoom and in-person. 

Art Expressions: This is a group that uses creative activities/expression to promote emotional growth and healing. It allows expression of our emotions and thoughts that otherwise may be difficult to put into words. Each week there will be a different activity planned. No artistic talent needed! Art Expressions is about the process of creating rather than the finished product.  

Check-In: A safe space for clients to share current life situations, recovery goals and plans. Wednesdays and Saturdays we welcome Daytox alumni clients to also participate. **[Alumni welcome Wed/Sat only]**

Cognitive Behavioral Therapy: Learn how your thoughts/behaviours/feelings are related and helpful tools to being to change your unhelpful thoughts/behaviours/feelings.

Core Connections: Want to spend more time getting to know your Daytox cohort & Alumni? Come to this new once a month evening group focused on maintaining these CORE CONNECTIONS! This peer-led group starts with a quick check-in followed by meaningful social time & snacks.

CrossTox: This is a supportive, peer led group focused on personal growth through open discussion, brainstorming, and sharing experiences. It's a space for individuals to connect, learn from, and empower each other on their recovery journey. We emphasize using practical S.M.A.R.T Recovery tools and explore how to apply them in daily life. Participants are encouraged to share what’s worked for them, offering insights on maintaining and improving recovery, emotional well-being, and setting intentional goals.



Peer Panel: Curious about options after Daytox? Come to our monthly panel & hear from peers & alumni about what worked for them after completing Daytox & review options for the next steps on your individual recovery journey!


Recovery Dharma: A peer-led community that is unified by our trust in the potential of each of us to recovery and find freedom from the suffering of addiction. Meetings include a guided meditation, a reading from the Recovery Dharma book and sharing.

Science of Recovery: Topics will include the role of neurotransmitters, human basic needs (hierarchy), Post-Acute Withdrawal Syndrome (PAWS), human connection, habitual behaviour and ACES in recovery.

Shame Resilience: An educational group exploring what shame is and the correlation of shame and substance use. A key part of the group will be learning skills and coping strategies to help better manage shame.

SMART: Self-Management and Recovery Training; open group anyone can attend. <https://www.vch.ca/en/service/smart-recovery#resources--54821>

Smudge and Feather: Participate in smudge & feather passing/sharing at 312 Main St. in the Sound room on the ground floor from 1:30-3pm Wednesdays.  

Zen Out: A safe space to practice guided meditation, mindfulness, stretching, and calming breathing exercises. Practicing these skills will help you to connect and regulate your nervous system and ground in the present moment to reduce the feelings of anxiety, stress, and trauma. Yoga mats provided, feel free to bring blanket if you would like. 

Hours & Certificate:

Daytox is a 12-week groups-based program supplemented by 1:1 support. It takes 60 hours of program time to receive a completion certificate. Hours can include all groups on this calendar and 1:1 meetings with staff. We ask participants to attend at minimum 4-6 groups per week on average. Intensive day treatment does have a “dose” response & we want folks to make the most of their time with us.

Level Up! Ceremony:

Participants are welcome to attend our Level Up! ceremony to celebrate those who have completed the Daytox Program and are taking the next step in their recovery journey

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