

## PEER SUPPORT

### Weekly Peer Groups:

Meet with peers once a week on your own time to offer one another support. Each member takes turns leading the meeting and fostering discussion.

### Monthly Steering Meetings:

Once a month all Aftercare participants meet to check-in with each other. Opportunities for complementary workshops are also available.

## ADDITIONAL SUPPORT

### One-on-one support:

Basic counselling and relapse prevention. If relapse occurs, Aftercare clients are supported through these episodes in a compassionate and non-judgmental fashion, with an emphasis on coping strategies.

### St. Michael's Homes Groups:

We implement four models: SMART Recovery, Spirit Affirmation & Hope, Anger Management and Dialectal Behaviour Therapy . The virtual meetings are hosted weekly, and are only open to current clients of the Treatment, Housing, and Aftercare Programs. Please inquire about our current schedule.



An addiction support group where participants learn self-empowering skills and support each other in recovery. It draws on scientifically-tested methods for addiction recovery, such as Rational Emotive Behaviour Therapy and Motivational Interviewing.

## SPIRIT, AFFIRMATION & HOPE

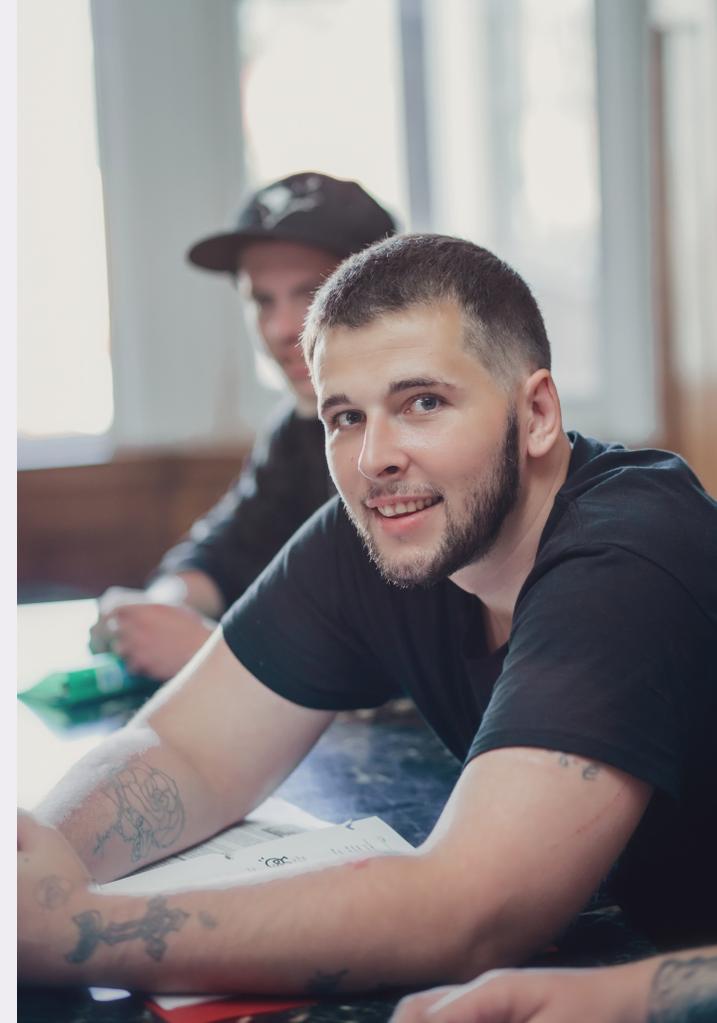
Each week a client will present something that is meaningful to their recovery. Staff will aid in facilitating a discussion about what the client has shared.

## ANGER MANAGEMENT

Operates from a trauma-informed perspective, and aims to provide a safe, open, and non-judgmental space for individuals to explore their emotions and find new ways to grow.

## DIALECTICAL BEHAVIOUR THERAPY

This group aims to help people manage their emotions and behaviours better by teaching them new problem solving and coping skills. Core modules include: mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation.



## PSYCHOTHERAPY

Some people reinforce the progress they make in their recoveries by participating in psychotherapy sessions. You may stand to benefit from in-depth therapy exploring topics such as mental health, interpersonal relationships, or trauma experiences. We currently offer psychotherapy to all clients.

## LET'S BUILD THE LIFE YOU WANT TO LEAD

After Treatment, life will get busy and sometimes present you with challenges.

It is important to build a wide range of supports to sustain your recovery through life's curve balls.

One way to do this is to participate in our Aftercare Program, which offers weekly meetings with peers, general counselling, monthly group sessions and workshops to complement your individual recovery plan.

Aftercare is available to you immediately upon departing Treatment. These supports are offered by telephone and virtually to assist you in your recovery after you have departed our houses and are living in the wider community.



## CONTACT US

If you have questions about Aftercare or have been away for a while please call our Aftercare phone line or email us

**416 926 8267 EXT. 118**

[aftercaresupport@stmichaelshomes.org](mailto:aftercaresupport@stmichaelshomes.org)

For more detailed information about our Aftercare Program or other St. Michael's Homes Programs please visit our website  
[www.stmichaelshomes.org](http://www.stmichaelshomes.org)



# Aftercare Support Services