



ST. JOSEPH'S CARE GROUP

SISTER MARGARET SMITH CENTRE

YOUTH INTENSIVE LIVE-IN TREATMENT PROGRAM

The Youth Intensive Treatment Program is a five-week program that is rooted in a strength based, holistic, harm reduction approach to recovery. The program's objective is to build youths' capacity for hope and increase their abilities to reduce the harmful behaviours associated with substance use.

PROGRAMMING:

- Daily groups covering topics such as:
 - substance use & relapse prevention
 - distress tolerance & coping skills
 - personal strengths
 - self-exploration
 - values & beliefs
 - healthy relationships & boundaries
 - holistic wellness
 - grief & loss
- Individual counselling & service coordination
- Indigenous cultural programming
- Spiritual programming
- Recreation & leisure opportunities
- Family support & counselling
- School/Life Long Learning



WE INVITE

Youth of all genders ages 16-24 and are experiencing negative impacts from substance use and need an extended period of time in a safe environment to focus on developing a healthier lifestyle.



uturntbay.ca

INTERESTED?

GIVE YOUTH INTAKE A CALL!



(807) 684-5100 ext. 5017