

**For more information**

Please contact

Red Deer Area Office

Phone: 340 - 5274

Rite No: 310 - 0000

**AADAC  
RED  
DEER**

**DAY  
TREATMENT  
PROGRAM**

## WHAT IS THE DAY PROGRAM?

- The Day Program is an outpatient **8 day** treatment program for adults who have decided to make changes in their use of alcohol, drugs, and gambling lifestyles changes.
- The program is free and will be offered several times a year running for 2 weeks from **TUESDAYS to FRIDAYS** at the AADAC office.
- Clients attend **4 hours per day**, Tuesday through Friday, and return to their homes for the evening.
- Program times are from:  
**9:30 am to noon and  
1:00 pm - 2:30 pm.**

## PROGRAM GOALS

- Enhance the self-awareness, communication, social and leisure skills that support substance free lifestyle.
- Develop an understanding of tools and strategies to assist you in developing a healthy lifestyle. It is a safe place to ask questions and to offer your insights on a variety of topics.
- A safe place for you to talk about personal issues that are important to you and to your recovery. Learn from the wisdom of others.

## YOUR COMMITMENT

- You must be abstinent from alcohol, drugs and gambling for at least 5 days before starting and you are expected to remain abstinent throughout the program.
- Your daily attendance is required. All other appointments should be scheduled so that they do not interfere with your attendance.
- It is important that you actively participate in the group process, and that you respect the confidentiality of others in treatment.

## HOW TO REGISTER

- You can register for the Day Program by meeting with an intake counsellor or your assigned counsellor at the Red Deer AADAC office (Main Floor, Prov. Bldg, 4920 - 51 Street).
- Intakes are done on a walk-in basis, Monday - Friday from 8:30 - 11:00 am and 1:00 - 3:00 pm in the afternoon.