



Canadian Mental
Health Association
Oxford County
Mental health for all



Oxford County
Community Health Centre
Every One Matters.



Addiction Services
of Thames Valley / Services de toxicomanie de Thames Valley

Concurrent Disorders Skills and Support Group



This weekly group is designed for individuals experiencing both mental health and substance abuse issues. This group incorporates a complementary combination of stages of change theory, solution focused approach and Dialectical Behavioral Therapy.

We welcome individuals at all stages of wellness and recovery, meaning this group is open to those still currently using and those abstaining. Pre-registration is not required. Groups are typically co-ed including 10-12 individuals.

- **Stage 1 (12 Weeks)** Group Pre-contemplation to Action Stage of Change
- **Stage 2 (8 Weeks)** Maintenance (established harm reduction)

Where:

CMHA Woodstock Office – 522 Peel Street
Tillsonburg Livingston Centre – 96 Tillson Ave.

Time:

Woodstock - 1:00 - 2:30pm
Tillsonburg - 1:30 - 3:00pm

2019 Group Schedule

Woodstock Start Dates

- January 16 (Stage 2)
- April 10 (Stage 1)
- August 7 (stage 2)
- October 9 (Stage 1)

Tillsonburg Start Dates

- January 14 (Stage 2)
- April 11 (Stage 1)
- August 8 (Stage 2)
- October 10 (Stage 1)

Contact: 1-800-859-7248

cmhaoxford.on.ca