



**Canadian Mental  
Health Association**  
Oxford County  
*Mental health for all*

# Concurrent Disorders



**Contact: 1-800-859-7248**

[cmhaoxford.on.ca](http://cmhaoxford.on.ca)

# Concurrent Disorders

This service provides community support for individuals who experience a co-occurring mental health and substance abuse issue. This includes individual and group counselling, assessment, treatment planning, referral and follow-up and family consultation. The Concurrent Disorders program works in partnership with the Oxford Addiction Treatment Strategy and is focused on strengthening community supports.

## Concurrent Disorders Skills and Support Group

This 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.

**When:** Weekly

**Where:** CMHA offices – Woodstock

**Group size:** 10 - 12 individuals (Co-ed)

A healthy snack with coffee/beverages will be provided by CMHA.