

ADAPT GROUPS

Foundations for Making Change

Learn practical strategies for managing substance use and building healthier habits.

Continuing Care

Ongoing support for maintaining recovery and navigating life after treatment.

Foundations for Families

Support and education for families affected by a loved one's substance use.

DBT Group

Build emotional regulation and mindfulness skills to improve daily functioning.

Health & Hope I & II

Explore mental health and addiction topics with tools for recovery and resilience.

CD Family and Friends Process Group

Connect with others and gain tools to support loved ones facing substance use and mental health challenges.

Coping Skills Groups

Learn and practice strategies to maintain abstinence and manage triggers.

Harm Reduction Drop-In

Explore safer substance use practices in a welcoming, non-judgmental space.

Problem Gambling Programs

Understand gambling behaviors and build tools for financial and emotional recovery.

Common Ground

Psychoeducation and coping skills alternating with social rec sessions to support overall wellbeing.

Overspending Workshops

Identify spending triggers and learn healthier coping strategies.

Aftercare Group

Stay accountable and supported in your recovery journey.

Gaming Workshops (Adult & Youth)

Build balance and awareness around gaming habits and screen time.

Youth Programs

Educational groups supporting youth with substance use and mental health.

Mindfulness Group



Harm Reduction Virtual



ADAPT

905-639-6537 ext.0
adapt@haltonadapt.org
haltonadapt.org
8:30am-4:30pm

Head Office

165 Cross Ave, Suite 203
Oakville, ON
L6J 0A9

@halton_adapt



© ADAPT 2026



GROUPS AT ADAPT

MONDAY

Mindfulness Group
12:00pm–1:00pm
Virtual

Harm Reduction
3:00pm–4:30pm
Joseph Brant Hospital

Common Ground
6:00pm–7:30pm
Burlington

**Abstinence-based
Coping Skills Group**
6:30pm–7:30pm
Virtual

**Foundations for
Families**
6:30pm–8:00pm
Virtual

TUESDAY

**Peer Connections
Group**
1:30pm–3:00pm
Oakville

Continuing Care
6:30pm–7:30pm
Virtual

**Concurrent Disorders
Family & Friends
Process Group**
6:30pm–8:00pm
Virtual

**Problem Gambling &
Behavioural
Addictions Coping
Skills Group**
7:00pm–8:00pm
Virtual

WEDNESDAY

**Abstinence-based
Skills Group**
12:00pm–1:00pm
Virtual

Health & Hope II
1:30pm–3:00pm
Virtual

**Harm Reduction
Drop-In Group**
6:30pm–7:30pm
Virtual

**Abstinence-based
Coping Skills Group**
6:30pm–8:00pm
Oakville

**Problem Gambling &
Behavioural
Addictions Aftercare
Group**
Bi-weekly, 7:00pm–
8:00pm
Virtual

THURSDAY

**Foundations for
Making Change**
1:30pm–3:00pm OR
6:30pm–8:00pm
Virtual

**Abstinence-based
Coping Skills Group**
6:00pm–7:30pm
470 Bronte St S

Mindfulness Group
6:30pm–7:30pm
Virtual

FRIDAY

**Abstinence-based
Coping Skills Group**
10:30am–11:30am
Virtual

AS NEEDED & TBD

5-Day Problem Gambling Intensive Treatment
Every other month, Monday–Friday 9:00am–
4:00pm
Virtual

Art Expressions Group
4-week group
Virtual

Dialectical Behavioural Therapy (DBT) Group
2 times/year, as needed
Rotating location

Gaming Workshop (Adult)
4 times/year, as needed
Virtual

Gaming Workshop (Youth)
4 times/year, as needed
Virtual

Health & Hope I
As needed
Rotating location

Just Be You (Youth)
Monthly
Georgetown/Acton

Details via @jbyadapt and @halton_adapt

Overspending Treatment Workshop
4 times/year
Virtual

Something to Know (Youth)
TBD
Virtual