

ADAPT GROUPS

Coping Skills Groups

Learn and practice strategies to maintain abstinence and manage triggers.

DBT Group

Build emotional regulation and mindfulness skills to improve daily functioning.

Family Group

Connect with others and gain tools to support loved ones facing addiction.

Foundations for Families

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

Foundations for Making Change

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

Gaming Workshops (Adult & Youth)

Build balance and awareness around gaming habits and screen time.

Harm Reduction Drop-In

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

Health & Hope I & II

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

Overspending Workshops

Identify spending triggers and learn healthier coping strategies.

Recovery In Motion

Aftercare support for maintaining recovery and navigating life after treatment.

Problem Gambling & Behavioural Groups

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

Problem Gambling and Behavioural Aftercare Groups

Stay accountable and supported in your recovery journey.

Youth Program Groups

Educational groups supporting youth with substance use and mental health.

Mindfulness Virtual



Harm Reduction Virtual



Burlington Office

777 Guelph Line, Suite 214

Georgetown Office

360 Guelph Street, Unit 33

Milton Office

470 Bronte St South, Suite 204-205

Oakville Office

165 Cross Ave, Suite 203

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

@halton_adapt



GROUPS

ADAPT

HALTON ALCOHOL, DRUG AND GAMBLING
Assessment Prevention & Treatment Services

MONDAY

Mindfulness Group

12:00pm–1:00pm

Virtual

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 office

Recovery In Motion

6:30pm–8:00pm

Burlington

Family Group

6:30pm–8:00pm

Virtual

Problem Gambling & Behavioural Addictions Coping Skills Group

7:00pm–8:00pm

Virtual

WEDNESDAY

Coping Skills Group

12:00pm–1:00pm

Virtual

Recovery In Motion

12:00pm–1:30pm

Milton office

Health & Hope II

1:30pm–3:00pm

Virtual

Harm Reduction Drop-In Group

6:30pm–7:30pm

Virtual

Coping Skills Group

6:30pm–8:00pm

Oakville office

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

Coping Skills Group

6:30pm–8:00pm

Milton office

Mindfulness Group

6:30pm–7:30pm

Virtual

Recovery In Motion

6:30pm–8:00pm

Virtual

FRIDAY

Coping Skills Group

10:30am–11:30am

Virtual

AS NEEDED & TBD

5-Day Problem Gambling Treatment

Every other month, Monday–Friday 9:00am–

4:00pm

Virtual

Art Expressions Group

4-week group

2 times/year

Virtual

Dialectical Behavioural Therapy (DBT) Group

2 times/year, as needed

Rotating office

Overspending Treatment Workshop

4 times/year

Virtual

Gaming Workshop (Adult)

Gaming Workshop (Youth)

4 times/year, as needed

Virtual

Health & Hope I

As needed

Oakville or Milton office

Just Be You (Youth)

Scheduled Events

Across Halton Region – Various Locations

Details via [@jbyadapt](#) and [@halton_adapt](#)



Virtual groups are held on Zoom.