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.

Peer Connections
Drop-in recovery group led by peers focused on abstinence

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

ADAPT
HALTON ALCOHOL, DRUG and GAMBLING
ASSESSMENT PREVENTION & TREATMENT SERVICES

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

Virtual groups are held on Zoom.

50 ADAPT
50 YEARS OF ALCOHOL, DRUG & GAMBLING ASSESSMENT PREVENTION & TREATMENT SERVICES

AS NEEDED & TBD

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

Art Expressions Group
2 times/year
Virtual

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

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**

Overspending Treatment Workshop
4 times/year
Virtual