

Community Wellness Program

Philosophy:

The Nipissing Addiction and Mental Health System is offering a Community Wellness Program to provide interim supports and services to individuals who are on a waiting list for mental health and/or addiction services, or seeking additional supports.

Objectives:

- To facilitate, promote and advocate for community, family, workplace and individual health, wellness and healing.
- To enhance mental and emotional wellbeing of individuals who are in need of mental health and/or addiction services.
- To provide education, resources and supports to clients who are on waiting lists for services or seeking additional supports/services.

Components:

- Individualized peer support services
- Walk-in Clinic
- Weekly educational and skills building groups
- Support groups
- Crisis Intervention



Location and Times: see attached calendar

Available to: Nipissing District residents, aged 16 and over (no registration required)

Participating Agencies:

 <p>Community Counselling Centre of Nipissing</p> <p>Centre communautaire de counselling du Nipissing</p>	361 McIntyre St E North Bay ON P1B 1C9 Phone: 705-472-6515
 <p>Canadian Mental Health Association Nipissing Regional Branch Mental health for all</p> <p>Association canadienne pour la santé mentale Filiale régionale de Nipissing La santé mentale pour tous</p>	176A Main St W North Bay ON P1B 2Y6 Phone: 705-474-1299
 <p>Nipissing Mental Health Housing & Support Services</p>	101 Worthington St E North Bay ON P1B 1G5 Phone: 705-476-4088
 <p>PEP</p>	351 Ferguson St North Bay ON P1B 1X1 Phone: 705-494-4774
 <p>NORTH BAY RECOVERY HOME Open our door, change your life.</p>	393 Oak St W North Bay ON P1B 2T2 Phone: 705-472-2873
 <p>AMELIA RISING sexual assault centre of nipissing centre d'agressions sexuelles de nipissing</p>	101 Worthington St E North Bay ON P1B 1G5 Phone: 705-840-2403
 <p>North Bay Regional Health Centre</p> <p>Centre régional de santé de North Bay</p>	50 College Dr. North Bay ON P1B 0A4 Phone: 705-474-3050

To access individual peer support services, please contact Arif Majeed at [705-494-4774 ext.225](tel:705-494-4774)

To access Crisis Intervention services, please call [705-476-6240 ext.6241](tel:705-476-6240)

April 2018

MON LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI
2 Easter Monday	3 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East) Tues & Thurs.	4 2:00 – 3:30 p.m. <i>Group Session - Relationships</i> (Centre of Friends 178 Main Street West)	5 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	6 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
9 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	10 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East) Tues & Thurs.	11 2:00 – 3:30 p.m. <i>Group Session – Anger Management</i> (Centre of Friends 178 Main St West)	12 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	13 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
16 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	17 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East) Tues & Thurs.	18 2:00 – 3:30 p.m. <i>Group Session – Substance Misuse</i> (Centre of Friends 178 Main Street West)	19 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	20 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
23 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	24 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East) Tues & Thurs.	25 2:00 – 3:30 p.m. <i>Group Session – Co-Dependence</i> (Centre of Friends 178 Main Street West)	26 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	27 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
30 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)				

The ***Living Healthy Program*** is also offered from 2 to 3 p.m. Monday to Friday. For more information on this program or to register, contact one of the *Partnering Agencies*.

<input type="checkbox"/> Crisis Intervention	<input type="checkbox"/> Peer Support
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Appointment made with: _____
 Time: _____ Date: _____
 Location: _____

May 2018

MON LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI
	1 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East) Tues & Thurs.	2 2:00 – 3:30 p.m. <i>Group Session – Self- Management</i> (Centre of Friends 178 Main Street West)	3 1:30 – 3:30 p.m. <i>Journey of Life Women’s group</i> (Amelia Rising - 101 Worthington Street East)	4 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
7 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	8 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East) Tues & Thurs.	9 2:00 – 3:30 p.m. <i>Group Session – Mood Disorders</i> (Centre of Friends 178 Main St West)	10 1:30 – 3:30 p.m. <i>Journey of Life Women’s group</i> (Amelia Rising - 101 Worthington Street East)	11 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
14 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	15 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East) Tues & Thurs.	16 2:00 – 3:30 p.m. <i>Group Session – Anxiety</i> (Centre of Friends 178 Main Street West)	17 1:30 – 3:30 p.m. <i>Journey of Life Women’s group</i> (Amelia Rising - 101 Worthington Street East)	18 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
21 Closed for Victoria Day	22 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East) Tues & Thurs.	23 2:00 – 3:30 p.m. <i>Group Session – Self-Esteem</i> (Centre of Friends 178 Main Street West)	24 1:30 – 3:30 p.m. <i>Journey of Life Women’s group</i> (Amelia Rising - 101 Worthington Street East)	25 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
28 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	29 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East) Tues & Thurs.	30 2:00 – 3:30 p.m. <i>Group Session – Relationships</i> Centre of Friends 178 Main Street West)	31 1:30 – 3:30 p.m. <i>Journey of Life Women’s group</i> (Amelia Rising - 101 Worthington Street East)	

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<input type="checkbox"/> Crisis Intervention	<input type="checkbox"/> Peer Support
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 Location: _____

June 2018

MON LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI
				1 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
4 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	5 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East) Tues & Thurs.	6 2:00 – 3:30 p.m. Group Session – Anger Management (Centre of Friends 178 Main St West)	7 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	8 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
11 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	12 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East) Tues & Thurs.	13 2:00 – 3:30 p.m. Group Session – Substance Misuse (Centre of Friends 178 Main Street West)	14 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	15 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
18 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	19 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East) Tues & Thurs.	20 2:00 – 3:30 p.m. Group Session – Co-Dependence (Centre of Friends 178 Main Street West)	21 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	22 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
25 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	26 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East) Tues & Thurs.	27 Group Sessions have ended for the summer, please stay tuned for the Fall schedule.	28 1:30 – 3:30 p.m. <i>Journey of Life Women's group</i> (Amelia Rising - 101 Worthington Street East)	29 9:00 – 5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP

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