

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>	<p>361 McIntyre St E North Bay ON P1B 1C9</p> <p>Phone: 705-472-6515</p>
 <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>	<p>176A Main St W North Bay ON P1B 2Y6</p> <p>Phone: 705-474-1299</p>
 <p>Nipissing Mental Health Housing & Support Services</p>	<p>101 Worthington St E North Bay ON P1B 1G5</p> <p>Phone: 705-476-4088</p>
 <p>PEP</p>	<p>351 Ferguson St North Bay ON P1B 1X1</p> <p>Phone: 705-494-4774</p>
 <p>NORTH BAY RECOVERY HOME Open our door, change your life.</p>	<p>393 Oak St W North Bay ON P1B 2T2</p> <p>Phone: 705-472-2873</p>
 <p>North Bay Regional Health Centre</p> <p>Centre régional de santé de North Bay</p>	<p>50 College Dr. North Bay ON P1B 0A4</p> <p>Phone: 705-474-3050</p>

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)

October 2018

MON LUNDI	TUESDAY MARDI	WEDNESDAY ERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI
1 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	2 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	3 Community Wellness Program <i>Group Sessions start next Wednesday from</i> 2:00-3:00 p.m.	4 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	5 9:00-11:30, 1:00-5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
8 Thanksgiving Day 	9 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	10 2:00 – 3:00 p.m. <i>Group Session –</i> Mood Disorders (Calvin Presbyterian Church 401 1 st Ave. West)	11 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	12 9:00-11:30, 1:00-5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
15 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	16 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	17 2:00 – 3:00 p.m. <i>Group Session –</i> Substance Misuse (Calvin Presbyterian Church 401 1 st Ave. West)	18 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	19 9:00-11:30, 1:00-5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
22 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	23 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	24 2:00 – 3:00 p.m. <i>Group Session –</i> Anxiety (Calvin Presbyterian Church 401 1 st Ave. West)	25 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	26 9:00-11:30, 1:00-5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
29 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	30 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	31 2:00 – 3:00 p.m. <i>Group Session –</i> Anger Management (Calvin Presbyterian Church 401 1 st Ave. West)		

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: _____

November 2018

MON LUNDI	TUESDAY MARDI	WEDNESDAY ERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI
			1 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	2 9:00-11:30, 1:00-5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
5 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	6 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	7 2:00 – 3:30 p.m. <i>Group Session – Relationships</i> (Calvin Presbyterian Church 401 1 st Ave. West)	8 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	9 9:00-11:30, 1:00-5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
12 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	13 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	14 2:00 – 3:30 p.m. <i>Group Session – Self-Esteem</i> (Calvin Presbyterian Church 401 1 st Ave. West)	15 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	16 9:00-11:30, 1:00-5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
19 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	20 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	21 2:00 – 3:30 p.m. <i>Group Session – Co-Dependence</i> (Calvin Presbyterian Church 401 1 st Ave. West)	22 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	23 9:00-11:30, 1:00-5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP
26 1:00 – 4:00 p.m. <i>Walk in Peer Support Services</i> (PEP - 351 Ferguson St., 3 rd floor)	27 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	28 2:00 – 3:00 p.m. <i>Group Session – Self- Management</i> (Calvin Presbyterian Church 401 1 st Ave. West)	29 1:00 – 7:00 p.m. <i>Walk-in Counselling Services</i> (Community Counseling Centre - 361 McIntyre Street East)	30 9:00-11:30, 1:00-5:00 <i>Drop-In activities</i> Centre of Friends 8:30 – 4:30 <i>Drop-In activities</i> PEP

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Crisis Intervention

Peer Support

Appointment made with: _____

Time: _____ Date: _____

Location: _____