



AA MEETINGS

Monday to Friday

12pm to 1pm

Sunday

1 p.m. to 2 p.m.

NA MEETINGS

Tuesday Night

7:30 p.m. to 9 p.m.



Programs

A&D:

- Counseling/referrals/placement
- Group sweats
- Men's talking circles
- Weekly workshops for the youth
- Wellness Recovery Aftercare Program.
- Outreach.

Mission Friendship Centre Society

33150A First Avenue

Mission, B.C.

V2V-1G4

Phone: 604-826-1281

Fax: 604-826-4056

Email: adcounselor@mifcs.bc.ca

Addictions Counselor: Sean Russell



**MISSION FRIENDSHIP
CENTRE
ALCOHOL AND DRUG
OUTPATIENT
TREATMENT PROGRAM**



ALCOHOL AND DRUG OUTPATIENT TREATMENT PROGRAM

Mission Statement:

Our purpose is to help individuals and families to achieve a healthier more positive lifestyle by assisting them in their efforts to eliminate or reduce the misuse of alcohol and other drugs, therefore, the resulting harm.

MFC may be for you if:

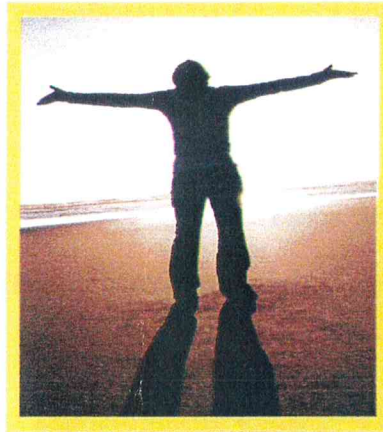
- You have experienced problems due to alcohol and drugs.
- You are motivated to make positive changes in your life.
- You would like a supportive recovery environment.
- You would like to meet community members in recovery.

CONFIDENTIALITY GUARANTEED



TREATMENT PHILOSOPHY

MFC's, Alcohol and Drug Programs believes that individuals and families have the ability to change and are responsible for their own healing process. Our role is to facilitate and encourage self-discovery and self-exploration in a collaborative effort between therapist and client.



The program is based on the belief that the most useful way of understanding substance misuse is as a lifestyle problem. The program follows a harm reduction model; thus, removing the substance from a person does not necessarily solve the problem. In most cases it requires a fundamental change in the person's approach to life. The client is provided with many opportunities to increase awareness about choices, factors influencing their choices and lifestyle options.

WHAT IS NEEDED?

Each client of the MFC Alcohol and Drug program will have a treatment plan which will be developed in a collaborative effort with the A&D counsellor and the client. The treatment plan may include:

- Assessment
- Treatment plan/ relapse prevention
- Goal setting with time limits
- Couples or Group counselling
- Aftercare
- Scheduled meetings
- Referrals to:
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- 1. Residential treatment (if appropriate)
- 2. Detox (if appropriate)

HOW DO I APPLY?

Wanting to make a change in your life is the first step.

Simply call the Mission Friendship Centre and ask for an appointment with the A & D Counselor.

