

**Patient Care Reinvented.**

www.hrh.ca

# Addiction Recovery

## Resources and Support for You

### Web sites/Online Resources

**Centre for Addiction and Mental Health**

[www.camh.ca](http://www.camh.ca)

**ConnexOntario**

[www.connexontario.ca](http://www.connexontario.ca)

**Motherisk**

[www.motherisk.ca](http://www.motherisk.ca)



### Videos/Audio Clips

**Breaking the chains: a story of recovery** / Kinetic Video (2004).

**Detox: your first days in recovery** / GWC Productions (1995).



### Books

**(Self-Help/Workbooks/e-Books)**

**Adult Children of Alcoholics (Expanded Edition)** / Woititz, J.G. (2009).

**The Complete ACOA Sourcebook: Adult Children of Alcoholics at Home, at Work and in Love** / Woititz, J.G. (2002).

**Alcohol use and abuse** / Harvard Health Publications (2008).

[hrccatalog.hrrh.on.ca/InmagicGenie/DocumentFolder/alcohol%20use%20and%20abuse.pdf](http://hrccatalog.hrrh.on.ca/InmagicGenie/DocumentFolder/alcohol%20use%20and%20abuse.pdf)

**Recovery options: the complete guide** / Volpicelli, J. (2000).

**Staying Sober Workbook: a serious solution for the problem of relapse** / Gorski, T.T. (1992).



### Do you think your substance use is a problem?

Have you ever tried to cut down on your drinking or other drug use?	Y	N
Have you ever felt angry at or annoyed by someone else's comments about your drinking or other drug use?	Y	N
Have you ever felt guilty about your drinking or other drug use?	Y	N
Have you ever used alcohol or other drugs as an eye-opener—that is, have you used first thing in the morning?	Y	N

If you answer YES to two or more of these questions, you may have a substance use problem.

*From: Herie, M; Godden, T; Shenfeld, J; Kelly C. Addiction: an information guide. Toronto, ON: Centre for Addiction and Mental Health, 2010.*

### Looking for drug and alcohol treatment services in Ontario?

**Chemical Dependency Program  
Humber River Hospital**

1235 Wilson Ave., Toronto, Ont. M3M 0B2

Tel: (416) 242-1000 ext. 43170

An outpatient assessment and treatment program for people dependent on drugs and alcohol as well their families.

**Drug & Alcohol Helpline**

Tel: 1 (800) 565-8603

[www.drugandalcoholhelpline.ca](http://www.drugandalcoholhelpline.ca)

This is a service of ConnexOntario, a free and confidential health service information organization funded by the Ontario Government.

## Support Groups

### Al-Anon - Alateen

Various locations in the Greater Toronto Area

Tel: (416) 410-3809

[al-anon.alateen.on.ca](http://al-anon.alateen.on.ca)

### Alcoholics Anonymous

Various locations in the Greater Toronto Area

Tel: (416) 487-5591

[www.aatoronto.org](http://www.aatoronto.org)

### Cocaine Anonymous

Various locations in the Greater Toronto Area

Tel: (416) 927-7858

[ca-on.org](http://ca-on.org)

### Marijuana Anonymous

Various locations in the Greater Toronto Area

Tel: 1 (888) 811-3887

[www.matoronto.org](http://www.matoronto.org)

### Narcotics Anonymous

Various locations in the Greater Toronto Area

Tel: 1 (888) 811-3887

[www.torontona.org](http://www.torontona.org)

### Oasis Addiction Recovery Society

921 Danforth Ave., Toronto, ON M4J 1L8

Tel: (416) 461-7739

[www.oasismovement.org](http://www.oasismovement.org)

### Progress Place

Various locations throughout downtown Toronto

Tel: (416) 323-0223

[www.progressplace.org/static/community.htm](http://www.progressplace.org/static/community.htm)

### Secular Organization for Sobriety

Find a local meeting or attend an online meeting or group.

[www.sossobriety.org](http://www.sossobriety.org)



### SMART Recovery

SMART Recovery's 4-Point Program®

helps people recover from all types of addictive behaviours, including: alcoholism, drug abuse, substance abuse, drug addiction, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities. It is not a 12-step group, like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA).

[smartrecoverytoronto.com/get-started](http://smartrecoverytoronto.com/get-started)

### Women for Sobriety

[www.cwhn.ca/en/node/16520](http://www.cwhn.ca/en/node/16520)

## Financial Help

### Canada Pension Plan (CPP) Disability Benefits

Tel: 1 (800) 277-9914

### Employment Insurance (EI)

Tel: 1 (800) 206-7218

### OntarioWorks

Tel: 1 (888) 465-4478

### Ontario Disability Support Program

Tel: (416) 325-5900

### Trillium Drug Program

Tel: 1 (800) 575-5386

## Educational Program for People Charged with Driving under the Influence (DUI)

### Back on Track: Ontario's Remedial Measures Program for Impaired Drivers

[www.remedial.net](http://www.remedial.net)

## Housing Support



### **Canadian Mental Health Association. Housing Services**

700 Lawrence Ave. W., Ste. 480, Toronto ON M6A 3B4

Tel: (416) 789-7957

[toronto.cmha.ca/programs-and-services/community-support-services/housing](http://toronto.cmha.ca/programs-and-services/community-support-services/housing)

### **Centre for Addiction and Mental Health Homes for Special Care (HSC)**

1001 Queen St. W., West Wing, Toronto ON M6J 1H4

Tel: (416) 535-8501 ext. 33439

### **Housing Connections**

176 Elm St., Toronto, ON M5T 3M4

Tel: (416) 981-6111

[www.housingconnections.ca](http://www.housingconnections.ca)

### **Progress Place**

576 Church St., Toronto ON M4Y 2E3

Tel: (416) 323-0223

[www.progressplace.org/approach.html#housing](http://www.progressplace.org/approach.html#housing)

### **Regeneration Housing and Support**

2238 Dundas St W., Ste. 307, Toronto ON M6R 3A9

Tel: (416) 703-9645

[www.regenerationcs.org](http://www.regenerationcs.org)

### **Unison Health & Community Services Housing Help Centre (Keele-Rogers)**

1651 Keele St., Toronto, ON M6M 3W2

Tel: (416) 653-5400

[unisonhcs.org](http://unisonhcs.org)

## Case Management

### **The Access Point: The Toronto Mental Health and Addictions Access Point**

Tel: (416) 640-1934

[theaccesspoint.ca](http://theaccesspoint.ca)

### **TCAT**

[www.sscto.ca/About-Us](http://www.sscto.ca/About-Us)

## Food Banks in the Community

### **North York Harvest Food Bank**

640 Lawrence Ave. W., Toronto, ON M6A 1B1

Tel: (416) 635-7771

[northyorkharvest.com](http://northyorkharvest.com)

### **Oasis Dufferin Community Centre**

1219 Dufferin St., Toronto, ON M6H 4C2

Tel: (416) 536-4431

[www.oasisdufferin.org](http://www.oasisdufferin.org)

### **Syme-Woolner Neighbourhood and Family Centre (Basement Recreation Room)**

2468 Eglinton Ave W., Toronto, ON M6M 5E7

Tel: (416) 766-4634

[www.symewoolner.org](http://www.symewoolner.org)

### **Weston Area Emergency Support**

1844 Weston Rd., Toronto, ON M9N 1V8

Tel: (416) 247-3737

[northyorkharvest.com/food-bank/weston-area-emergency-support](http://northyorkharvest.com/food-bank/weston-area-emergency-support)

### **York Memorial Presbyterian Church**

1695 Keele St., Toronto, ON M6M 3W7

Tel: (416) 653-7756

[northyorkharvest.com/food-bank/york-memorial-presbyterian-church](http://northyorkharvest.com/food-bank/york-memorial-presbyterian-church)

For referrals to your local Food Bank, contact:

### **Daily Bread Food Bank**

Tel: (416) 203-0050

[www.dailybread.ca](http://www.dailybread.ca)

### **North York Harvest Food Bank**

Tel: (416) 635-7771

[northyorkharvest.com](http://northyorkharvest.com)

### **FoodLink Hotline**

Tel: (416) 392-6655

## Education and Employment Opportunities



### **CAMH Employment Works!**

Tel: (416) 535-8501 ext. 31646

[www.camh.ca/en/hospital/careers\\_and\\_volunteers/employment\\_works/Pages/default.aspx](http://www.camh.ca/en/hospital/careers_and_volunteers/employment_works/Pages/default.aspx)

### **COSTI**

Various Locations

Tel: (416) 789-7925

[www.costi.org](http://www.costi.org)

### **JVS Toronto**

74 Tycos Dr., Toronto, ON M6B 1V9

Tel: (416) 787-1151

[www.jvstoronto.org](http://www.jvstoronto.org)

### **OASIS Addiction Recovery - Employment Program**

921 Danforth Ave., Toronto, ON M4J 1L8

Tel: (416) 461-7739

[www.oasismovement.org](http://www.oasismovement.org)

### **Transitions to Post-Secondary Education** *(previously Redirection Through Education)*

**George Brown College** (St. James Campus)

200 King St. E., Toronto, ON M5R 3A3

Tel: (416) 415-5000 ext. 2458

[www.georgebrown.ca/augmentededucation](http://www.georgebrown.ca/augmentededucation)

## If you are in a crisis..



For mental health matters, concerns about family or friends, self-care issues, life adjustment or coping problems, or an older person in crisis, please call:

### **Community Crisis Response Program**

Area served: Etobicoke, North York

Tel: (416) 498-0043

### **The Gerstein Centre - Crisis Intervention**

Area served: former city of Toronto/York

Tel: (416) 929-5200

### **Community Crisis Response Service**

Area served: York Region

Tel: 310-COPE (2673)

### **Toronto Distress Centres**

Area served: GTA

Tel: (416) 408-HELP (4357)

### **Toronto Withdrawal Management System (Central Access)** (Help finding non-medical detox centres)

Area served: GTA

Toll-free: 1 (866) 366-9513

The **Patient & Family Resource Centre** offers staff and residents in the community free access to our electronic, print and audiovisual collection on health and wellness matters. The items listed in this resource are a selection of some of the materials available to you.

To reserve any of the print items from the list, please contact us.

Patient & Family Resource Centre

Humber River Hospital

1235 Wilson Ave., Toronto, Ont. M3M 0B2

Tel: (416) 242-1000 ext. 81200 | Fax: (416) 242-1047

Web: <http://www.hrh.ca/FindHealthInformation> | Email: [pfrc@hrh.ca](mailto:pfrc@hrh.ca)

Hours: Monday to Thursday, 8:00 a.m. - 7:00 p.m.

Friday, 8:00 a.m. - 4:00 p.m.

*We are located on Level 0, in front of the Food Court.*

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

**English:** This information is important! If you have trouble reading this, ask someone to help you.

**Italian:** Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

**Spanish:** ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.