

Addiction Recovery

Resources and Support for You

Web sites/Online Resources

Centre for Addiction and Mental Health

www.camh.ca

ConnexOntario

www.connexontario.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

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 2 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 Health**

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.

ConnexOntario

Tel: 1 (866) 531-2600

www.drugandalcoholhelpline.ca

A free, 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

Alcoholics Anonymous

Various locations in the Greater Toronto Area

Tel: (416) 487-5591

www.aatoronto.org

Cocaine Anonymous

Various locations in the Greater Toronto Area

Tel: (416) 927-7858

ca-on.org

Marijuana Anonymous

Various locations in the Greater Toronto Area

Tel: 1 (888) 811-3887

www.matoronto.org

Narcotics Anonymous

Various locations in the Greater Toronto Area

Tel: 1 (888) 811-3887

www.torontona.org

Oasis Addiction Recovery Society

921 Danforth Ave., Toronto, ON M4J 1L8

Tel: (416) 461-7739

www.oasismovement.org

Progress Place

Various locations throughout downtown Toronto

Tel: (416) 323-0223

www.progressplace.org

Secular Organization for Sobriety

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

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

Women for Sobriety

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

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

Progress Place

576 Church St., Toronto ON M4Y 2E3
Tel: (416) 323-0223

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

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

1651 Keele St., Toronto, ON M6M 3W2
Tel: (416) 653-5400

unisonhcs.org

Case Management

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

Tel: (416) 640-1934

theaccesspoint.ca

TCAT

[www.sschto.ca/Adults/Addictions/Toronto-
Community-Addiction-Team-\(TCAT\)](http://www.sschto.ca/Adults/Addictions/Toronto-Community-Addiction-Team-(TCAT))

Food Banks in the Community

North York Harvest Food Bank

640 Lawrence Ave. W., Toronto, ON M6A 1B1
Tel : (416) 635-7771

northyorkharvest.com

Oasis Dufferin Community Centre

1219 Dufferin St., Toronto, ON M6H 4C2
Tel: (416) 536-4431

www.oasisdufferin.org

Syme-Woolner Neighbourhood and Family Centre (Basement recreation rm)

2468 Eglinton Ave W., Toronto, ON M6M 5E7
Tel: (416) 766-4634

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

North York Harvest Food Bank

Tel: (416) 635-7771

northyorkharvest.com

FoodLink Hotline

Tel: (416) 392-6655

Education and Employment Opportunities



CAMH Employment Works!

Tel: (416) 535-8501 ext. 31646

<https://www.camh.ca/en/driving-change/about-camh/careers-at-camh>

COSTI

Various Locations

Tel: (416) 789-7925

www.costi.org

JVS Toronto

74 Tycos Dr., Toronto, ON M6B 1V9

Tel: (416) 787-1151

www.jvstoronto.org

OASIS Addiction Recovery - Employment Program

921 Danforth Ave., Toronto, ON M4J 1L8

Tel: (416) 461-7739

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

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 Health
1235 Wilson Ave., Toronto, Ont. M3M 0B2
Tel: (416) 242-1000 ext. 81200 | Fax: (416) 242-1047
Web: <https://www.hrh.ca/resources/patient-family-resource-centre>
Email: pfrc@hrh.ca

Hours: Monday to Friday, 8:00 a.m. - 4:00 p.m.
We are located on Level 0, in front of the Food Court.