

Youth Substance Use Day Treatment



We invite you to work on your substance use concerns and strengthen your wellness alongside others in a group.

**Mental Health &
Substance Use Services**

**Call to register
310-MHSU (6478)**

Available in:
Kamloops
Kelowna
Penticton
Vernon
Williams Lake



Interior Health

Youth Substance Use Day Treatment is a small group program for up to 12 participants.

Group facilitators will help you develop your skills to work on your substance use concerns and strengthen your wellness, through education, practice, fun activities and connecting with others.

You can attend, if you:

- are between the ages of 14 and 18
- are experiencing moderate to severe substance use challenges
- would benefit from a group
- are able and willing to participate and attend group

You will learn about:

- managing emotions
- triggers, cravings and urges
- self-esteem and identity
- healthy coping and self-care
- harm reduction
- relationships and supports
- healthy communication
- building a healthy lifestyle



We recognize and acknowledge that we are collectively gathered on the traditional, ancestral, and unceded territories of the seven Interior Region First Nations. This region is also home to 15 Chartered Métis Communities.

