

# **ADDICTIONS**

## **SAHARA Men's Group Program**



### **What is SAHARA Men's Group Program?**

SAHARA Men's Group program is in existence since July 1995. It is a linguistically and culturally appropriate psycho-educational 16 week group program for South Asian men. The group addresses "substance abuse" and "violence behaviour" issues simultaneously. In addition, this group works closely with women and other extended family members and **provides holistic care** to the entire family. An interim report is provided upon request by the referral source and each participant receives a completion certificate upon successful completion of the 16 week group program.

### **Who can benefit?**

Men 16 years of age and over, who are affected by addiction and anger management problems are eligible.

### **What are the major benefits?**

The benefits are substantial and include:

- Services are in Punjabi, Hindi, and Urdu
- Psycho-educational group program for men with substance abuse and anger management problems
- Group runs every Saturday
- Referrals to appropriate programs in the community
- Support addressing recovery goals

### **How are referrals made?**

Referrals are made by calling 905.677.0889. Community Based Agencies, Probation Officers, Lawyers, Religious leaders, Family Members, Family Physicians and individuals may make a referral.

### **Where is the Program located?**

The program is located at 135 McLaughlin Road South, Brampton, Ontario, L6Y 2C7

### **What are the hours of operation?**

*Every Saturday from 9:30 a.m. to 12:30 p.m.*