ADDICTIONS

SAHARA Relapse Prevention Program

What is SAHARA Relapse Prevention Program?

The SAHARA Relapse Prevention Group Program is a linguistically and culturally appropriate psycho-educational group program for South Asian men with substance abuse problems. This program runs every Friday evening from 5:00 pm to 10:00 pm. Men are encouraged to freely share their problems with the facilitator and men are also supported by providing a “buddy” who assists them through their difficult time of quitting substance. It is an open group with no wait list.

Who can benefit?

Men 16 years of age and over, who are affected by addiction 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 substance users
-Every Friday evening
-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 2829 Derry Road East, Mississauga, Ontario, L4T 1A5

What are the hours of operation?

Every Friday from 5:00 p.m. to 10:00 p.m.