

ADDICTIONS



SAHARA Women's Group Program

What is SAHARA Women's Group Program?

SAHARA Women's Group is in existence since July 2001. It is a linguistically and culturally appropriate psycho-educational group program for South Asian women. This group program is an aftercare program that provides long-term support to women and children experiencing life's challenges. It works closely with men and children and **provides holistic care** to the entire family. This group is offered year around on weekends in order to provide easier access for women in need.

Who can benefit?

Women 18 years of age and over are eligible for this program.

What are the major benefits?

The benefits are substantial and include:

- Services are in Punjabi, Hindi, and Urdu
- Psycho-educational group program for women
- Women learn life skills
- Once a month on Sunday
- Referrals to appropriate programs in the community
- Support to women dealing with problems of their loved ones

How are referrals made?

Referrals are made by calling 905.677.0889 or 905.790.0808. Community Based Agencies, Probation Officers, Lawyers, Religious leaders, Family Members, Family Physicians and individuals may make a referral.

Where is the Program located?

Please call at 905.677.0889 or 905.790.0808 for location.

What are the hours of operation?

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