

Sahara Addiction Group Programs

Sahara Addiction Day Group Program (SADP) is a linguistically and culturally appropriate psycho educational group program for men who have problems associated with substance abuse. This is a three-week program that runs Monday to Thursday, 10:00 am – 12:30 pm at the Mississauga location.

Sahara Opioid Addiction Prevention Program (SOAPP) provides services to individuals with opioid addiction and improves the responsiveness of the health care system to substance use. A client receives brief intervention, lifestyle and supportive interventions to develop skills to manage addiction/substance use and other related problems. SOPSG is a linguistically and culturally appropriate psycho-educational group program that runs every Saturday from 2:00PM-4:00PM at the Malton location.

Intensive Addiction Day Treatment Group Program

This group program is conducted virtually every Monday and Friday, from 10am to 12pm. The group provide psycho-education to clients and their family members on substance use-related issues, mental health, and life skills. The group aims to support the clients in their recovery goals.

Family Group This is a psycho-educational group for family members of the clients. This group runs virtually every Monday from 2 pm to 4 pm. Referrals are received from all case management programs and central intake.

Sahara Men's Group, SMG is a linguistically and culturally appropriate psycho educational group program for South Asian men who have problems associated with domestic violence. This group addresses “substance abuse” and “violence behavior” issues simultaneously. SMG is a 12-week program that runs every Saturday from 9:30 am - 12:30 pm at 135 McLaughlin Rd. S., Brampton, ON.

Sahara Relapse Prevention Group, SRPG is an addiction aftercare program for clients that have completed their care plan and are now in the maintenance stage of their recovery. A “buddy” system is created in order to encourage mutual support among the members of the group to assist one another through their recovery process. This group runs every Friday from 6:00 pm – 8:00 pm at the Mississauga location.

How to make a referral?

Self, family members, doctors, lawyers, hospitals, legal system or anyone can make a referral with client's consent.

Please contact us for a referral form and more information:

Phone: (905) 677-0889

Fax: (905) 677-9141

Email: addictionsupport@pchs4u.com

The services are provided at
NO COST to the participants.

Our in-person programs are offered at:

PCHS Office Locations:
Head Office: 2980 Drew Road, Unit 241
Mississauga, ON L4T 0A7

Brampton: 60 West Drive,
Suite 202, Brampton, ON
L6T 3T6

PCHS Scarborough: 705
Progress Ave, Unit 101,
Toronto ON M1H 2X1

Southfields Community
Center 225 Dougall Ave.
Caledon, ON L7C 3M7

Community Door 7700
Hurontario St., Unit
1300 Brampton ON L6Y
4M3



Sahara Addictions Program

pchs 
Punjabi Community Health Services



Our facilities are
wheelchair accessible



www.pchs4u.com  905-677-0889

Funded by: Ontario Health

Revised April 2025

Programs are delivered both in-person and virtually

What is Sahara Addictions Program (SAP)?

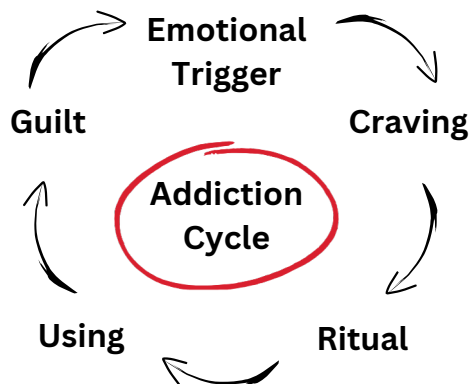
Program Philosophy

The Sahara Addiction Program at PCHS strives to empower clients and their families through a guided journey to recover from substance use behaviors and related concerns by using a holistic treatment approach in a culturally and linguistically appropriate manner



Program Goals & Objectives

- 1.To provide holistic care and support to clients who identify with having a substance use problem or addiction.
- 2.To reduce hospitalization-visits/admissions
- 3.To provide culturally competent psychoeducation to addiction clients and their families
- 4.To provide linkages to clinical care and community resources
- 5.To tailor the care plan to suit each client's individual needs and preferences.
- 6.Incorporate home visits and group sessions as required in care plan



This Program Offers

1. Long-term Case Management

Provides individualized assessment and planning. Service co-ordination, supportive counseling and appropriate referrals

2. Intensive Addiction Day Treatment Program

IADTP programs supports clients and family members to overcome substance use issues and related problems

3. Sahara Opioid Addiction Prevention Program

SOAPP provides services to individuals with opioid addiction and improves the responsiveness of the health care system to substance use. A client receives brief intervention, lifestyle and supportive interventions to develop skills to manage addiction/substance use and other related problems.

4. Sahara Opioid Harm Reduction

SOHR provides support to clients and makes them familiar with harm reduction techniques. This is a mobile position, services provides in office setting and within the community as per service recipients' needs.

IN-HOME/MOBILE COMMUNITY WITHDRAWAL MANAGEMENT SERVICES

For individuals experiencing alcohol/other substances related withdrawal and craving symptoms and need help.

Short-term Programs

1. Sahara Bridging Addiction Counseling (BAC)

BAC program is to help clients who are discharged from the Withdrawal Management Centre or identify as needing addictions counselling services by a Health Links Team.

2. Sahara In-Short Term Emergency Diversion (IN-STED)

This program offers short-term, community based mental health and addiction services to the most vulnerable individuals. The program is designed to reduce the need for multiple visits to emergency departments.

3. Community Withdrawal Management Services

Provides a supportive environment to clients with voluntary alcohol or other drug withdrawal. Monitor in withdrawal symptoms, providing support, reassurance, coping methods, motivational counselling, and appropriate referrals are some program components

4. Peer Support Services

Clients are connected to the peers who are recovered from substance use/addiction

Referrals accepted from all sources for individuals aged 16 and up.

**All addiction staff are qualified and experienced*