



House of Sophrosyne Community Programs Schedule (July 2008)

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-12pm C.A.R.E.*		9:30-12pm C.A.R.E.* 10:30-Noon Aftercare*		9:30-12pm C.A.R.E.*
1-2pm Alumnae* 1-3pm Last Monday of the Month Hep C Clinic Open	2-3pm Pre-Treatment 3-4:30pm Aftercare	1-2pm Alumnae* 1-2:30pm Parenting in Recovery*		1-2:30pm Mothers for Sobriety Relapse Prevention*
4:30-5:30pm Children's Program		6-9pm Every 3rd Wednesday of the Month Clinic w/ Nurse Practitioner		<i>*Child-minding services available to Clients participating in these programs. "Fee-for-Child-minding" is available to Clients who need childcare for external social programs or meetings.</i>

***Child-Minding** is available **9-3pm** Monday, Wednesday & Friday

Program Information:

Aftercare: For women w/ substance abuse issues who have completed a substance use treatment program in Ontario

Alumnae: For Alumnae of Sophrosyne who are seeking ongoing support and are no longer participating in any other Sophrosyne Program

C.A.R.E.:(Child-Minding Access for Recovery Empowerment): Child-minding for women w/ children under 12 who attend recovery based meetings

Children's Program: For children who come from homes where substance abuse is/was an issue

Family and Friends: For family and friends of those whose lives have been affected by substance abuse

Nurse Practitioner: Free (*no OHIP required*) clinic services delivered by a qualified Nurse Practitioner for women who have substance abuse issues (*in/out of recovery*) and their children. *Every 3rd Wednesday of the month.*

Hep C Clinic: Enables Hep C positive Women to receive free treatment (Pegasus® or Pegatron®) and support services. *Last Monday of the month.*

Parenting in Recovery: For mothers who have substance abuse/recovery issues

Pre-Treatment: For women waiting to enter residential or day/evening treatment in Ontario

Mothers for Sobriety-Relapse Prevention: For mothers w/ children 0-6 who have substance abuse/recovery issues