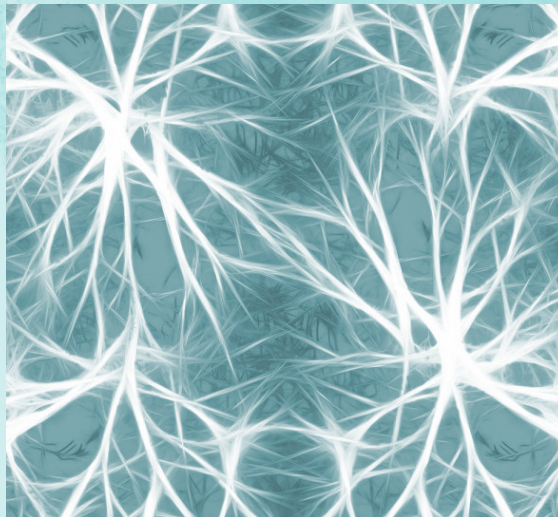


ELSPETH MCCONNELL MENTAL HEALTH AND WELLNESS CENTRE

Adult Psychiatry
Day Treatment Program
at the Jewish General Hospital



“A stepping stone in
the recovery journey!”

The Adult Psychiatry Day Treatment Program is a structured, 8-week intensive therapeutic intervention for patients who struggle with acute psychiatric concerns.

The program aims to help patients resolve their immediate crisis, regain function and reintegrate into the community, with the assistance of a dedicated multidisciplinary team. Participants will attend our program four days a week for eight weeks.

THE PROGRAM

The program operates within a holistic, patient centred, recovery-oriented, psychotherapeutic framework that encourages mental, physical, social and spiritual well-being with the help of:

- Stress Management
- Life Skills
- Creative Expression
- Physical Activity
- Cognitive Behavioural Therapy
- Mindfulness
- Emotional Regulation
- Psychoeducation
- Motivational Interviewing

THE TEAM

- Occupational Therapists
- Nurse Clinician
- Psychologists
- Psychiatrist
- Multidisciplinary Interns



A referral from a psychiatrist is necessary for admission to the program.

Speak with your psychiatrist if you think this may be the right treatment for you.

Jewish General Hospital
3755 Côte Sainte-Catherine Road
Pavilion B, 6th floor
Montreal QC
514-340-8222, ext. 25633

This program welcomes participants of all racial and cultural identities, nationalities, sexual orientations, gender identities, and religious backgrounds.



Jewish General Hospital

Integrated Health
and Social Services
University Network
for West-Central Montreal

Québec

An initiative of the JGH Foundation