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

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.

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

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"A stepping stone in the recovery journey!"