

We have a variety of programs that can help you cut down or stop substance use. Your length of time in the program will vary depending on your goals.

Knowing that substance use affects all areas of life, our approach provides integrated care to assist your mental health wellness, physical health needs, housing needs, employment needs, legal needs, relationship and support networking needs, education needs, and other areas of life.

Ready

SUNTRAC provides space and individualized support for you to

- understand your substance use
- examine the reasons for stopping or changing your use
- participate in group programming with other men

Steady

We offer programming to create and achieve your goals for your treatment plan. You can participate in

- additional treatment-focused group programming
- one-to-one sessions with an Addictions Worker

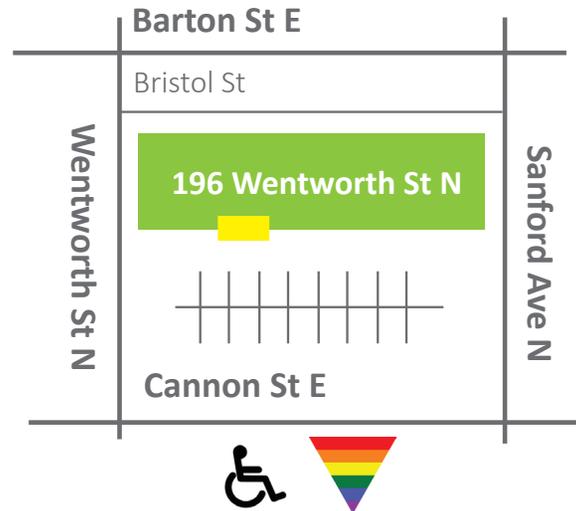
Go!

Finally, we also have follow-up programs to help you maintain your progress and connect you with other supports. We offer a continuing **Aftercare program** where you can receive support and information for later stage recovery.

SUNTRAC Wellness & Addiction Treatment Centre

Mission Services of Hamilton
196 Wentworth Street North
Hamilton, Ontario
L8L 5V7

Where to find us



Weekly Orientations:

Tues 5-6 pm & Fri 12-1 pm

Phone: 905-528-0389

Fax: 905-528-9670

Email: suntrac@mission-services.com

Web: mission-services.com



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Ontario

Hamilton Niagara Haldimand Brant
Local Health Integration Network
Réseau local d'intégration
des services de santé de Hamilton
Niagara Haldimand Brant



SUNTRAC

Wellness & Addiction Treatment Centre

Day and evening substance use treatment helping men achieve their recovery goals while living and working in the community

Suntrac
Wellness & Addiction Treatment Centre



mission-services.com

SUNTRAC Wellness & Addiction Treatment

Program incorporates best practices in the treatment of alcohol and drug use. We serve men 19 and older in Hamilton and the surrounding area. **Our services are free and confidential** for all participants.

Our program is designed to provide individualized supports to men seeking to change their substance use. You may be interested in stopping all substance use, cutting out a particular substance, or learning to use substances in a way that is less harmful to you. Whatever your goal, our program is designed to provide you with the individual support you need to navigate your path to wellness.

The SUNTRAC program consists of three phases we call **Ready, Steady, Go!** Each phase supports your journey by working with you to clarify your goals, develop the skills and resources you need to meet them, and support your growth and progress toward improved health.

We also recognize that your journey touches other people in your life. So, we offer a program called **Partners in Recovery** that is designed to support your family and friends.

First Steps & What you can expect

- Call for information:
905-528-0389
- Attend one of our Drop-in Orientation Sessions to learn more about the program.
- If you are already sure that you want to start, you can make an appointment with an Addictions Worker to discuss how this program is a fit for you and meets your needs.
- The Intake & Assessment process takes a few appointments. With the help of your Addictions Worker, you will identify your goals and how you might use case management support throughout your treatment.

Ready, Steady, Go!

You can also find more information on our website:

www.mission-services.com

➔ "Want to Talk With Someone About Substance Use?"

under "Need Help"

Program Features

Continuous Intake

You can get started right away!

Day & Evening Group Programs

We will work with you to minimize any time away from work or your family to get the substance use support that you are looking for.

Personalized Intake & Assessment

You will develop a plan tailor made to your situation and goals.

Harm Reduction

You can set your own goals around changing your substance use, whether it is to stop using completely or use in a way that is less harmful to you.

Individual Treatment Plans

You will choose your path through the program from a range of options.

Case Management Support

You will work with an Addictions Worker who will provide active support to help you meet your goals.

Links to Mental Health Services & Supports

You can also get support for identifying and managing your mental health needs.