

Addiction Help

Crisis Worker 856-2444
Addiction & Mental Health Services
81 Albert St, Moncton, NB
Mon – Fri 8:15 am - 4:30 pm

Intensive Day Treatment Program 869-6875
This is a 6 week program for substance abuse and gambling.
For **(age 19 & up)**
Addiction & Mental Health Services
1600 West Main St, Suite 290, Moncton, NB
Mon – Fri 9:00 – 3:00 pm

Drug Intervention Program 869-6341
Program for youth **(age 15-18)**
Details: <http://www.youthimpact.org/need-help.php>
Youth Q.U.E.S.T. Central
199 St George St, Moncton, NB

Opiate Replacement Treatment Program 869-6655
Addiction & Mental Health Services
125 Mapleton Rd, Moncton, NB
Mon – Fri 8:30 am - 4:40 pm

Peer Support Warmline 1-888-768-2488
Adults (aged 18+) Mental health and substance use support.
Talk with a counselor
Hours: 3:00 pm – 7:00 pm (EST) 7 days/week
By: Wellness Together Canada
<https://wellnesstogether.ca/en-CA>

Wellness Together Canada 24/7 1-866-585-0445
Adults (aged 18+) Mental health and substance use support.
Talk with a counselor <https://wellnesstogether.ca/en-CA>

Gambling Information Line for New Brunswick
Toll Free 24 hr/365 days/yr 1-800-461-1234

Addiction Counselors

Addiction & Mental Health Services 856-2444
81 Albert St, Moncton, NB

Youth Q.U.E.S.T. Central 869-6341
Provides free one on one addiction counseling for youth **(age 16-24)** as long as the person is willing to attend.
199 St George St, Moncton, NB

Assessment

Assessment Unit/Forensic Psychiatry 506-760-4000
Age?? and older. The stay may last from ?
Beds 12 8 for treatment
4 for forensic assessments for the courts
Restigouche Hospital Center
63 Gallant Dr, Campbellton, NB

Addiction Recovery Groups

Recovery Group Program 856-2444
10 sessions 2 hours Weekly or bi-weekly Co-facilitated
Topics: Understanding problematic Substance Use/Gambling,
Decisional balance, Goal setting, Handling the urges, Having fun in
your journey, Support Systems, Coping Skills, Relapse/ Set-Back
prevention, Coping with Anxiety, Relaxation, Unpleasant Feelings
and Assertiveness.
Location: **Addiction & Mental Health Services**
81 Albert St, Moncton, NB

Teen Addiction Support Group “The Chase”
Provides services and life skills to youth **(age 12-18)** who have
been directly or indirectly impacted by alcohol, tobacco, drug use,
abuse, and addiction. Cost: Free
Time: 7:00 – 9:00 pm Meetings weekly on Tuesdays
Location: **YMCA**, 30 War Veterans Ave, Moncton, NB
Contact: 434-4533 Tim Durling timdurling@gmail.com

Celebrate Recovery 857-2293
This is a 12 Step Program for Drug & Alcohol Addiction, etc
Time: 6:30 pm Meetings weekly on Tuesdays
Location: **Moncton Wesleyan Church** – Life Center
945 St. George Blvd, Moncton, NB

Alcoholics Anonymous 382-5087
Greater Moncton Area meeting information
<http://www.area81aa.ca/meetinglists/District11.pdf>

Narcotics Anonymous 1-800-564-0228
Canada Atlantic Region of Narcotics Anonymous
NB meeting information: <https://carna.ca/meetings/>

On-Line Sobriety Support Groups

LifeRing Secular Recovery <http://lifering.org/>
SMART Recovery <https://www.smartrecovery.org/>
Women for Sobriety <https://womenforsobriety.org/>
Moderation Management <http://www.moderation.org/>
Secular Organizations for Sobriety (SOS)
<http://www.sossobriety.org/>

Other Help Services

YMCA ReConnect 856-4362
Provides outreach to youth, adults and seniors who are
homeless or at risk of being homeless. Help accessing
resources such as: food, clothing, shelter, education, ID
help, employment help and counseling.
Contact by leaving a phone message

Salvus Clinic 384-7283
Provides access to primary health care to those within our
area suffering with issues relating to poverty, mental
health and addictions. Closed noon 12 pm – 1 pm
Hours: Mon, Tue, Thu 9 am – 4 pm;
Wed 1 pm – 4 pm; Fri 9 am – 12 pm
Location: Salvus Clinic T190 22 Church St, Moncton, NB

Youth Q.U.E.S.T. Central 869-6355
Programs, activities and a drop-in centre for at-risk and
homeless youth **(age 16-24)**
<https://www.facebook.com/YouthQuestCentral>
Hours: Mon, Tue, Fri 12 pm – 5 pm;
Wed, Thu 12 pm – 7 pm; Sun 12 pm – 4 pm
Location: 199 St George St, Moncton, NB

Ensemble Greater-Grand Moncton 506-859-9616
Mission: Alleviating complex social challenges. **Vision:**
Through empowerment and hope, build a community that
fosters diversity, inclusion and health. **We work to:**
Reduce harm; a nonjudgmental approach that recognizes
drug use exists and so attempts to minimize the harms
and risks associated with drug use. Promote and support
the development of 'safe' environments throughout the
region for lesbian, gay, bi-sexual, transgender, two-spirit,
and questioning (LGBTQ) citizens. Help improve the
quality of life for persons infected and affected by
HIV/AIDS and help reduce the spread of HIV and other
STIs, through education and prevention programs.
<https://ensemblegm.ca/>
<https://www.facebook.com/ensemblemoncton/>
Hours: 9 am – 12 pm; 1 pm – 4 pm Mon - Fri
Location: 80 Weldon St, Moncton, NB

Addiction In-House Treatment

Detox In-patient Unit **856-2333**

Addiction & Mental Health Services
125 Mapleton Rd, Moncton, NB

Portage Atlantic **1-888-735-9800**

Residential treatment program for **youth age 14-21**

<http://www.portage.ca>

Addiction & Mental Health Services
Cassidy Lake, Norton, NB

Recovery Program **506-388-3277**

This is a faith based 12 Step addiction program for men only.
In-House for 9 months

Harvest House Ministries, 174 High St, Moncton, NB

Teen Challenge Atlantic **506-758-2377**

This is a faith based residential alcohol and drug addiction
rehabilitation program for 12 months <http://www.tcatlantic.ca/>

1187 Rue Principal Street, Memramcook, NB

Recovery Program **506-368-2600**

This is a faith based In-House program for men for 10 months.

Village of Hope, Upper Tracy, NB <https://villageofhope.ca/>

E-mail: info@villageofhopenb.ca

Live-in Concurrent Disorder Treatment Services

Age 19 and older **506-789-7055**

This is a highly individualized service designed for individuals
who are experiencing concurrent substance use/gambling and
mental health issues and whose needs would be best
addressed in a live in setting.

Residential Treatment Program 12 Beds

The stay may last from 30 to 90 days.

Detox Program ?? Beds

The stay may last from 30 to 90 days.

Addiction Services, 53 Gallant Dr, Campbellton, NB

Ridgewood Addiction Services **506-674-4300**

This is a Public rehab that specializes in the treatment of
mental health, substance, drug and alcohol abuse. Including
Detoxification and Rehabilitation

Ridgewood Addiction Services, Saint John, NB

Lonewater Farm **506-757-2450**

This is a Public rehab that specializes in the treatment of
substance, drug and alcohol abuse. Recovery and
Maintenance are usually based on 12 step programs and AA
meetings.

17 Lonewater Farm Road, Grand Bay Westfield, NB

Addiction Family Support Groups

Portage Atlantic Family Support Group

On-Line via Zoom Moncton, NB

Family member addiction support group. Families offering
understanding through experience.

Contact: 506-839-1200 ext. 99215 Randi Cogswell

Toll free 1-888-735-9800 rcogswell@portage.ca

Holding Hope NB

On-Line via Zoom New Brunswick

Holding Hope provides support and education to family members
who are supporting loved ones with substance use challenges and
in recovery. It is a peer-led, safe space to share experiences and
learn about community resources.

Time: 7 pm – 8 pm Meetings every 2nd week on Tuesday

Contact: holdinghopenb@gmail.com

Inf: [https://www.facebook.com/Holding-Hope-NB-](https://www.facebook.com/Holding-Hope-NB-104077135333914/)

[104077135333914/](https://www.facebook.com/Holding-Hope-NB-104077135333914/)

Al-Anon Maritimes Moncton/Riverview, NB

For persons who have a family member or friend with addiction
problems.

Contact: 388-7010 Moncton

Moncton area meeting information:

<http://www.freewebs.com/alanonmaritimes/>

**Empowering Families Affected by Substance Use
Problems**

On-Line (2021) Canada

This course is for people who have a friend, relative or loved one
with a substance use problem.

By: **camh** - Centre for Addiction and Mental Health

Link: [Course: Empowering families affected by substance use](https://www.camh.ca/en/learning/empowering-families-affected-by-substance-use)

[/camhx.ca\)](https://www.camh.ca/en/learning/empowering-families-affected-by-substance-use)

Love Another Way

On-Line (2021) Canada

This is a workshop that may be of help to some parents or
grandparents of addicts. Why the Mom Code is the opposite of what
our children need. How to actually set effective boundaries (and why
most don't work). The only reason our children will ever seek
change. How we should support our children with compassion and
love right now.

Link to Register: <https://livewellandfully.com/3-secrets-fb64-2/>

Videos

How Science and Kindness Help People Change

by Dr Jeffrey Foote Webinar - 52 minutes

<http://smartrecovery.libsyn.com/how-science-and-kindness-help-people-change>

Training on Crystal Meth with Dr Bill MacEwan

This is the video of the presentation given on February 4, 2020 in
Fredericton, NB, CN

Link for Part 1: https://youtu.be/qMgDJ3Jfx_4

Link for Part 2: <https://youtu.be/IHbmd-0qjZA>

ADDICTION HELP SERVICES PROGRAMS SUPPORT

Information for area of Moncton, NB

Updated: Aug 2022

Addiction Resource Pamphlet

Updates for the printed version can be directly
downloaded using the Word Document (symbol/icon) on
the **Website link** below:

<http://lobou4.wixsite.com/yourmindyourhealth/addiction-resource-pamphlet>

Mental Health Resource Pamphlet

Updates for the printed version can be directly
downloaded using the Word Document (symbol/icon) on
the **Website link** below:

<http://lobou4.wixsite.com/yourmindyourhealth/mental-health-resource-pamphlet>

Educational Links

Mental Health, Addiction, Suicidal Thoughts/Depression
Updated regularly on the **Website link** below:

<https://lobou4.wixsite.com/yourmindyourhealth/links>

Event Calendar (Mental Health & Addiction)

Updated regularly on the **Website link** below:

<http://lobou4.wixsite.com/yourmindyourhealth/events>

Directory of Help Resources for Greater Moncton

Updated regularly on the **Website link** below:

<http://lobou4.wixsite.com/yourmindyourhealth/mental-health-resource-pamphlet>

Notes re Addiction Resource Pamphlet

Produced free by: Robert Boulter – a parent

Printed Updates: Yearly or when necessary

For electronic update or for any errors, omissions, events,
new programs, suggestions, etc, please contact:

Robert Boulter E-mail: rboulter@nb.sympatico.ca

File: Addiction Resource Pamphlet-e8-Aug 2022.docx