




GET IN TOUCH

Lambent Community Services Society

-  604-830-5952 (English only)
-  www.lambentservices.ca
-  info@lambentservices.ca

About Us

We are a Registered, Incorporated Non-profit organization in British Columbia that offers streams of social support services to people who need help by bringing services to them and relying on them as the experts in their own lives.

**REGISTER
NOW AT:**

www.lambentservices.ca



“AS(ਅਸ)” ADDICTION AND ANGER MANAGEMENT PROGRAM

REKINDLING HOPE, RESTORING LIVES—
YOUR PARTNER FOR OPTIMAL
WELLNESS (IN PUNJABI)



Programs Offered:

The group will be of 10 weeks duration and will be facilitated in Punjabi. This is a great group to join if you are in legal trouble. You will receive a certificate of completion to show to your lawyer. The cost for all 10 weeks is \$1000 to be paid by check on the first night of the group. This brochure details opening dates and locations. To register for the group or if you have any questions, email info@lambentservices.ca and you will be answered in Punjabi.

ਇਹ ਗਰੁੱਪ 10 ਹਫ਼ਤਿਆਂ ਦਾ ਹੋਵੇਗਾ ਅਤੇ ਪੰਜਾਬੀ ਵਿੱਚ ਸਹੂਲਤ ਦਿੱਤੀ ਜਾਵੇਗੀ। ਜੇ ਤੁਸੀਂ ਕਾਨੂੰਨੀ ਮੁਸ਼ੀਬਤ ਵਿੱਚ ਹੋ ਤਾਂ ਇਹ ਸ਼ਾਮਲ ਹੋਣ ਲਈ ਇੱਕ ਵਧੀਆ ਗਰੁੱਪ ਹੈ। ਤੁਹਾਨੂੰ ਆਪਣੇ ਵਕੀਲ ਨੂੰ ਦਿਖਾਉਣ ਲਈ ਪੂਰਾ ਹੋਣ ਦਾ ਸਰਟੀਫਿਕੇਟ ਮਿਲੇਗਾ। ਸਾਰੇ 10 ਹਫ਼ਤਿਆਂ ਦੀ ਲਾਗਤ \$1000 ਹੈ ਜੋ ਗਰੁੱਪ ਦੀ ਪਹਿਲੀ ਰਾਤ ਨੂੰ ਚੈੱਕ ਦੁਆਰਾ ਅਦਾਕੀਤੀ ਜਾਣੀ ਹੈ। ਇਹ ਬਰੋਸ਼ਰ ਸ਼ੁਰੂਆਤੀ ਤਾਰੀਖਾਂ ਅਤੇ ਸਥਾਨਾਂ ਬਾਰੇ ਦੱਸਦਾ ਹੈ। ਗਰੁੱਪ ਲਈ ਰਜਿਸਟਰ ਕਰਨ ਲਈ ਜਾਂਤਹਾਡੇ ਕੋਈ ਸਵਾਲ ਹਨ ਤਾਂ info@lambentservices.ca ਤੇ ਈਮੇਲ ਕਰੋ ਅਤੇ ਤੁਹਾਨੂੰ ਪੰਜਾਬੀ ਵਿੱਚ ਜਵਾਬ ਦਿੱਤਾ ਜਾਵੇਗਾ।

1. South-Asian Men Addiction Group- Rolling Intake

This group is for South Asian men who suffer from drug and substance use problems.
ਇਹ ਸਮੂਹ ਦੱਖਣੀ ਏਸ਼ੀਆਈ ਮਰਦਾਂ ਲਈ ਹੈ ਜੋ ਨਸ਼ੀਲੇ ਪਦਾਰਥਾਂ ਅਤੇ ਪਦਾਰਥਾਂ ਦੀ ਵਰਤੋਂ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਤੋਂ ਪੀੜਤ ਹਨ।

DURATION: 10 WEEKS
When: TBD

Location: Surrey and Burnaby
Time: TBD

Cost: \$900/person

Topics Covered:

1. Understanding Addiction: Breaking Down Stigma
2. Culturally Relevant Approaches to Recovery
3. Mental Health and Well-being
4. Coping Strategies and Stress Management
5. Family Dynamics and Support Systems
6. Healthy Relationships and Boundaries
7. Overcoming Shame and Guilt
8. Relapse Prevention Techniques
9. Building Resilience and Self-Empowerment
10. Celebrating Progress: Honoring Your Journey

2. Supporting Families & Partners Affected by Addiction- Rolling Intake

• **Duration:** 10 Weeks

• **Free of Charge**

• **Location :** Surrey and Burnaby

• **Time:** TBD

Topics Covered:

1. Understanding Addiction: Breaking Down Misconceptions
2. Communication Skills: Navigating Difficult Conversations
3. Setting Boundaries and Self-Care
4. Coping Strategies for Stress and Anxiety
5. Rebuilding Trust and Connection
6. Empowering Resilience in Children and Teens
7. Addressing Cultural Stigma and Shame
8. Seeking Support: Resources for Families
9. Supporting Recovery Without Enabling
10. Celebrating Progress: Honoring Each Other's Journey

3. Anger Management Program- Rolling Intake

This group is for South Asian men who need support with anger management issues.
ਇਹ ਗਰੁੱਪ ਦੱਖਣੀ ਏਸ਼ੀਆਈ ਮਰਦਾਂ ਲਈ ਹੈ ਜਿਨ੍ਹਾਂ ਨੂੰ ਗੁੱਸੇ ਦੇ ਪ੍ਰਬੰਧਨ ਦੇ ਮੁੱਦਿਆਂ ਵਿੱਚ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ।

DURATION: 10 WEEKS
When: TBD

TIME: TBD
LOCATION: SURREY AND BURNABY

Cost: \$900/person

Topics Covered:

1. Understanding Anger: Root Causes and Triggers
2. Anger Awareness Techniques
3. Effective Communication Skills
4. Stress Management and Relaxation Techniques
5. Conflict Resolution Strategies
6. Healthy Boundaries and Assertiveness
7. Forgiveness and Letting Go
8. Anger and Relationships: Building Healthy Connections
9. Mindfulness Practices for Anger Management
10. Creating Your Personalized Anger Management Plan