

# ADT Alumni Group

## WHAT

An ongoing, volunteer-led wellness group, created to help individuals continue the strategies and supports learned in ADT

**What it is:** Support from peers; reinforcement of wellness strategies; socialization and safety

**What it is not:** Therapy; staff will be on site, but are not providing support beyond resource-finding

## WHO

For any individual who has completed ADT within the last year  
Run by Patient and Family Advisors who have completed ADT

No registration necessary

## WHERE

The ADT group room at BGH  
(E Wing, Floor 1)

## WHEN

Biweekly on alternating Tuesdays and  
Wednesdays  
4pm- 530pm

*Initial Dates: T Feb 25, W Mar 12, T Mar 25, W Apr 9, T Apr 22, W May 7,  
T May 20, W Jun 4, T Jun 17*

## GROUP OVERVIEW

**4pm-4.45pm:** Brief wellness check-in (share something that is going well, a strategy being used, a helpful resource)

**4.45pm-5pm:** Break

**5pm-5.30pm:** Open wellness activities (e.g. recreation activity, relaxation activity, etc. based on group needs)

