



Amethyst Women's Addiction Centre: Designated Program Descriptions

About Amethyst

Amethyst Women's Addiction Centre offers alternative addiction services to women-identified and gender-diverse individuals. Amethyst is committed to working with diverse and marginalized folks. Our philosophy is grounded in the feminist belief that experiences with alcohol, drugs, and gambling cannot be separated from our experiences and status as women-identified and gender diverse individuals. We make direct links between inequality and the various forms of violence, and substance use and/or problem gambling. Amethyst provides group and individual day counselling services and is an officially bilingual organization.

Treatment Programs

Treatment services at Amethyst address both substance use and gambling. Services are "outpatient" or community-based (not residential) meaning that women live in their own homes while accessing our support.

Community-based programming is also very important since many clients are able to achieve their recovery goals without needing to access residential care.

There are several components to our treatment services: individual counselling, group counselling, and special programs. We also have specialized services in order to provide support for women who are pregnant, parenting, or involved with the Children's Aid Society.

Health Promotion Programs

A unique feature of Amethyst Women's Addiction Centre is that Health Promotion Programming – or prevention work – is understood as a crucial component of quality care for our community.

Amethyst's Health Promotion Program recognizes that not everyone who uses substances or who gamble need treatment services or counselling services, but may still benefit from prevention services in an attempt to decrease their risk of developing an addiction or problematic use.

Amethyst partners with many community organizations to provide our Health Promotion Programs in various locations throughout the city.



Many topics and issues are addressed, recognizing that women often engage in substance use or gambling as a way of coping. These programs explore the complex issues in our lives, making links between these issues and coping strategies.

Our history

Amethyst Women's Addiction Centre was founded in 1979 after a group of concerned community members identified the need for services that addressed the unique needs of women who used substances.

Amethyst was the first addiction treatment centre of its kind, in that the services provided incorporated a gender-based analysis in order to recognize the specific ways in which women experience substance use and addiction.

Since that time, Amethyst has evolved through many incarnations to meet the ever-changing needs of women in our community.

Contacts

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