



BEHAVIOURAL MEDICINE AFTERCARE PROGRAMS (BMAP)

IN THE OLD CITY QUARTER
OF NANAIMO

MEET GARUDA CENTRE™

Just opened in the Old City Quarter of Nanaimo, Garuda Centre™ offers an array of extended health and wellness services including: **Registered Clinical Counselling, Registered Massage Therapy, Certified Coaching, Community Boxing-Fitness, Kundalini Yoga as taught by Yogi Bhajan® and Mindfulness Meditation.**

DESIGNED FOR OUR COMMUNITY

With competitive rates as well as community classes by donation, Garuda Centre™ strives to serve our local community while helping people *get grounded* through embodied wisdom practices and martial exercises, that are pragmatic and evidence-based. Our focus on behavioural medicine is founded in our own practice, education and training, which inspired us to offer these unique and powerful aftercare programs to Nanaimo.

For referral forms, full list of services and admission criteria, please visit garudacentre.com/rehab-aftercare

WHAT WE OFFER

- Rehab Aftercare for Men (RAM) Program + Rehab Aftercare for Women (RAW) Program
- 90-day Intensive Outpatient Program (IOP) w/ biweekly counselling/coaching + home practice
- Kundalini Yoga, Mindfulness Meditation, Advanced Group Process, Applied Attachment Theory, Somatic-Psychotherapy, Life Coaching and Martial Arts are key components of our IOPs

Ki Method® is Garuda Centre's proprietary approach to behavioural change, a syncretism that integrates evidence-based wisdom traditions and modern addictions treatment. By focusing on strengthening + regulating the nervous system response to stressors through yoga, meditation, advanced group process and individual counselling, we facilitate resilient outcomes that adapt to the times.

WHO WE SERVE

- 19+ y/o with 1-month alcohol/substance free †
- Relevant ICD9 diagnosis + Physician/NP referral
- Alcohol/substance free living space during program
- Medically cleared for exercise + interactive groups
- Has a community healthcare provider/clinic for support
- Can be on a stable dose or slow taper (≥3month) of OAT
- Does not have Hx of violent behaviours or active psychosis, ptsd, suicidal ideation for the past 6-months
- Does not have a disorder that may interfere with group interaction/learning

WHERE AND WHEN

All sessions @ Garuda Centre

Monday Boxing @ Force Boxing + Fitness

RAM: M/W/F 2-5pm | **RAW:** M/W/F 9-12pm

† Includes all cannabis/marijuana/mind-altering drug use. OAT exempt with documentation of UDS.



MEET OUR MEDICAL DIRECTOR

Dr. John Álvarez de Lorenzana

MA RCC MD CCFP (AM) CISAM, is certified as an Addiction Medicine specialist by the College of Family Physicians of Canada and the International Society of Addiction Medicine. He is the former Medical Lead and co-founder of the renowned START program (Substance use & Treatment Response Team) at Vancouver Coastal Health, and a Clinical Instructor in the Faculty of Medicine at UBC.

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