

L.E.S.A.

Lifestyle Enrichment
for Senior Adults

Alcohol, Drug, and Gambling
Treatment Services for Adults 55+

L.E.S.A.?

Lifestyle Enrichment
for Senior Adults

is a community-based treatment
program supporting
adults 55 years and over
in their efforts
to stop or reduce:

- Misuse or abuse of alcohol,
drugs, and medications
- Gambling that negatively affects
physical or mental health,
finances, social,
family or work life



Centretown Community
Health Centre
Centre de santé
communautaire du Centre-ville

Ministry of
Health and Long-Term Care

Building healthier communities...together

Services



- Individual counselling
at home or in an office
- Support groups
- Support and coaching to family
- Recreational activities and outings
- Community workshops
- Free and confidential

How to Access L.E.S.A. Services



- Self-referrals
- Referrals by family
members or friends
- Referrals by service providers

Counsellors help Clients to:



- Build hope
- Build skills
- Develop strengths
- Continue to live independently
- Make lifestyle changes
- Maintain healthy relationships

Philosophy



The L.E.S.A. program
is based on the belief
that older adults can
make changes in their
lives. Motivation to
change can happen when counsellors
meet with clients individually, their
families and through support from
community resources.

The L.E.S.A. program focuses on
clients' goals and objectives to reduce
harm caused by alcohol, drugs
and/or gambling.

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