

Addictions Continuing Recovery Program



NEWC is offering a culturally sensitive and holistic 5-month program to equip women in recovery with the knowledge and skills needed to restore and maintain health and wellness. (Continuous Intake)

Phase 1: Basic Needs Assistance

- Participants are connected with the *Addictions Social Change Agent* to help with basic needs support & advocacy needs while they are waiting for program space availability.

Phase 2: Relapse Prevention Group & Weekly Counselling (Wed 1:30-3:30)

- Participants will be required to attend 10 sessions of *The Relapse Prevention Group* each Wednesday afternoon. This educational group provides knowledge about addictions and methods on how to avoid relapse.
- The group will allow women to share their struggles and victories in a safe and supportive environment and will provide ample handouts for self learning and empowerment.
- Participants will also be required to attend weekly counselling sessions where they will work towards achieving goals identified in their recovery plan.
- Once participants have met all phase two requirements they will move forward to Phase 3.

Phase 3: Therapeutic Support Group (Fri 1:30-3:30)

- Participants will be required to attend 10 sessions of *The Therapeutic Support Group* each Friday afternoon. This group is designed for women well into their recovery as well as former graduates; its focus will be on therapeutic exercises to help cope with weekly stresses and struggles related to addiction.
- Sessions are designed to address issues of self-esteem, healthy attitudes and provide self care techniques to add to their coping toolbox. Classes provide participants with hands-on learning and healthy safe discussion. This group encourages creativity through the use of art making tasks such as grief dolls, feeling sticks, clay work, movement, dance and role playing.
- Participants will also be required to attend bi-weekly counselling sessions where they will work towards achieving goals identified in their recovery plan.

Upon graduation each woman will have:

- ✓ Improved their physical and mental health;
- ✓ Increased their ability to abstain or reduce their use of substances;
- ✓ Increased their ability to build and maintain healthy relationships;
- ✓ Improve their quality of life; and
- ✓ Increase their ability to build healthy community support networks.

Phase 4: Ongoing Support & Mentorship

- Graduates of the program will have the opportunity to return to the program as a mentor and act as a *Recovery Coach* for participants of the program by attending/co-facilitating the Therapeutic Support Group and through one on one support including connecting participants with healthy support networks.

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