

What Women Say

Our participant voices:

"I always felt alone in my addiction, in this program I was able to share my story without feeling embarrassed and ashamed..."

"I had lost my children, stayed in unhealthy relationships, had low self esteem and was involved with prostitution..."

"I have learned that a lot of women have also experienced the same things and I'm thankful for their support..."

"I felt understood and accepted. I got all the support I needed. I got my self-esteem back..."

"My kids are coming home..."

"I plan on going back to work and back to college to further my education..."

"I got my son back in my care..."



How To Find Us



To register call Tammy

Address: 394 Selkirk Ave
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Phone: (204) 927-2428

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Email: tammy@newc.mb.ca

Web: www.newcentre.org

Work Hours: Mon - Thurs 8:30am – 4:30pm
Fridays 8:30am – 4:00pm



Addictions Recovery Program
Women's Relapse Prevention

Addictions can be overcome
"You don't have to be alone"



Who We Are

The North End Women's Centre's Addiction Program is a 5 month program that helps women as they recover from addictions.

You will gain the knowledge and skills needed to restore your health and wellness.

You will be accepted if you:

- Have completed a treatment program in the last two years
- Are willing to admit your addiction and commit to the recovery process

Priority will be given if:

- You are pregnant
- If you need safe housing

Bus tickets

Child Minding

Certificate at graduation



What We Offer

Relapse Prevention Group

- You will learn about addictions and how to avoid relapse
- You will learn how to recognize your triggers and healthy ways to deal with them

Therapeutic Support Group

- You will share your struggles and victories in a safe place
- You will learn to express your feeling in a variety of ways including art, music and movement

Individual Counselling

- We will work with you to create a relapse prevention plan
- We will help you to achieve your goals

Basic Needs and Life Skills Support

- We will help you obtain your basic needs
- We will help you write resumes, search for jobs and advocate on your behalf

Mentorship Opportunities

- After graduation you can come back and act as a mentor
- You will get volunteer hours that you can list on your resume

What You Will Learn

Once you graduate, you will have learned ways to:

- stay away from substances
- improve your physical, mental, emotional and spiritual health
- create healthy relationships
- get safe housing
- start volunteering or return to school
- gain employment
- build healthy supports
- and much more!

