



# 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)

NEWC has transitional second stage recovery homes available to women that are currently in the Addictions Program. Women can live in the house up to one year.

## **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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