

What Women Say

Our participant thoughts:

"It's a safe house. Has good programs to offer and good support"

"The location is good"

"The staff is friendly and open minded"

"Helps get your life on track"

"The counselling is good"

"Helps with attending important meetings and appointments"



Standard participant room

How To Contact Us



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Website: www.newcentre.org
Office Hours: Mon-Fri 8:30 am—8:00 pm



Betty Berg House

*Second Stage Housing for Women
in Recovery from Addictions*



**Women helping each other in
their recovery**

Who We Are

Betty Berg House is a second stage home for women recovering from substance abuse.

Women work to prevent relapse and stay clean in a safe and supportive environment.

You may come in at any time and stay for up to one year.

You will be accepted if you:

- Are at least 18 years of age
- Do not have children in your care
- Have completed a treatment program in the last two years
- Are willing to participate in counselling and groups
- Can live safely with other women

How to Apply:

- You may self refer or be referred from an organization
- We will call you to set up an appointment



What We Offer

Safe Housing:

- You will have a private bedroom
- You will have free laundry, telephone, and internet

Therapeutic Group

- You will share your challenges and victories
- You will learn about healthy relationships, self esteem and much more

Individual Counselling

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

Life Skills and Community Support

- We will help you to budget, grocery shop, and plan meals
- We will speak with CFS, EIA, justice, housing, and/or health care providers on your behalf
- We will help you connect with other resources in the community

What You Will Learn

Once you leave, you will have learned how to:

- find safe housing
- live on a budget
- choose healthy relationships
- be confident in your choices
- stay away from substances
- build healthy supports
- and much more!

