

# NEW PROGRAMMING

FOR WOMENS RECOVERY

DAY PROGRAM  
& INDIGENOUS  
INITIATIVES



# ABOUT L.I.F.E. RECOVERY ASSOCIATION

We exist to provide a safe, structured & supportive Christian community for women who desire a lifestyle free from drug and alcohol addiction.

We take a holistic approach to recovery, addressing emotional, physical, social, mental and spiritual wellness to help our clients to identify the root cause of their addiction.

**Marie Van de Leur**

Executive Director





# RESIDENTIAL

## PROGRAM – 1ST STAGE, 2ND STAGE, SOBER LIVING

Foundational 12 Step Program – Weekly 1:1 Counselling with an addiction-specialized counsellor – Group Therapy – Bi-Weekly In house GP – Art Therapy – Daily devotionals, Bible Study, Sunday Church – Alpha – NA/AA Meetings – Volunteer and House Teamwork

1

### Braeside

After detox, our **first stage** home is the initial step in ending the cycle of substance abuse. Our facility is registered under the Community Care and Assisted Living Act for Supportive Recovery.

2

### Melmar & Westerly

**Second stage** is designed to provide more independent living while clients continue in recovery. Short and long term goal setting and planning for transition to independent living are supported through weekly one to one counselling sessions. Second Stage is community living with shared responsibilities to the home and other residents.

3

### Old Yale

**Sober Living** is fully independent living for women who have moved forward in recovery and need minimal support. Each woman has their own room, manages their own meals and schedules. Sober living offers women affordable living in a safe environment



# VISION & MISSION

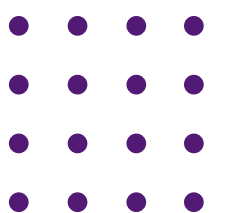


## Indigenous Support Services

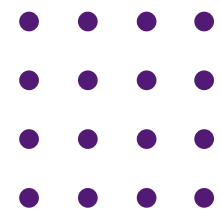
The introduction of Indigenous Support Services at LIFE Recovery embodies the organization's commitment to inclusivity, cultural competence, and effective support. By incorporating Indigenous perspectives, traditions, and community partnerships, we aim to create a more culturally sensitive and supportive environment for Indigenous women on their journey to recovery.

## Day Program

Our Day Program offers a warm, classroom-style environment where women can focus on healing, learning, and building confidence in their recovery journey. Whether you're just starting to explore changes, looking for extra support while balancing life's responsibilities, or wanting to stay grounded after previous treatment, this program provides structure, community, and encouragement every step of the way. It's a place to grow, connect, and rediscover your strength—one day at a time.







# INDIGENOUS SUPPORT SERVICES

The project involves working closely with an Indigenous Peer Support Worker who possesses cultural knowledge, lived experience, and a deep understanding of Indigenous traditions and healing methods. They work within LIFE Recovery's existing framework to support Indigenous women enrolled in recovery programs. They collaborate with the organization's staff, program directors, and participants to create culturally sensitive interventions, organize support groups, facilitate discussions, and offer one-on-one peer counseling.

**Cultural Humility**

**Cultural Competence**



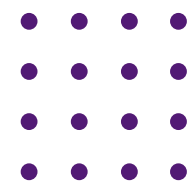
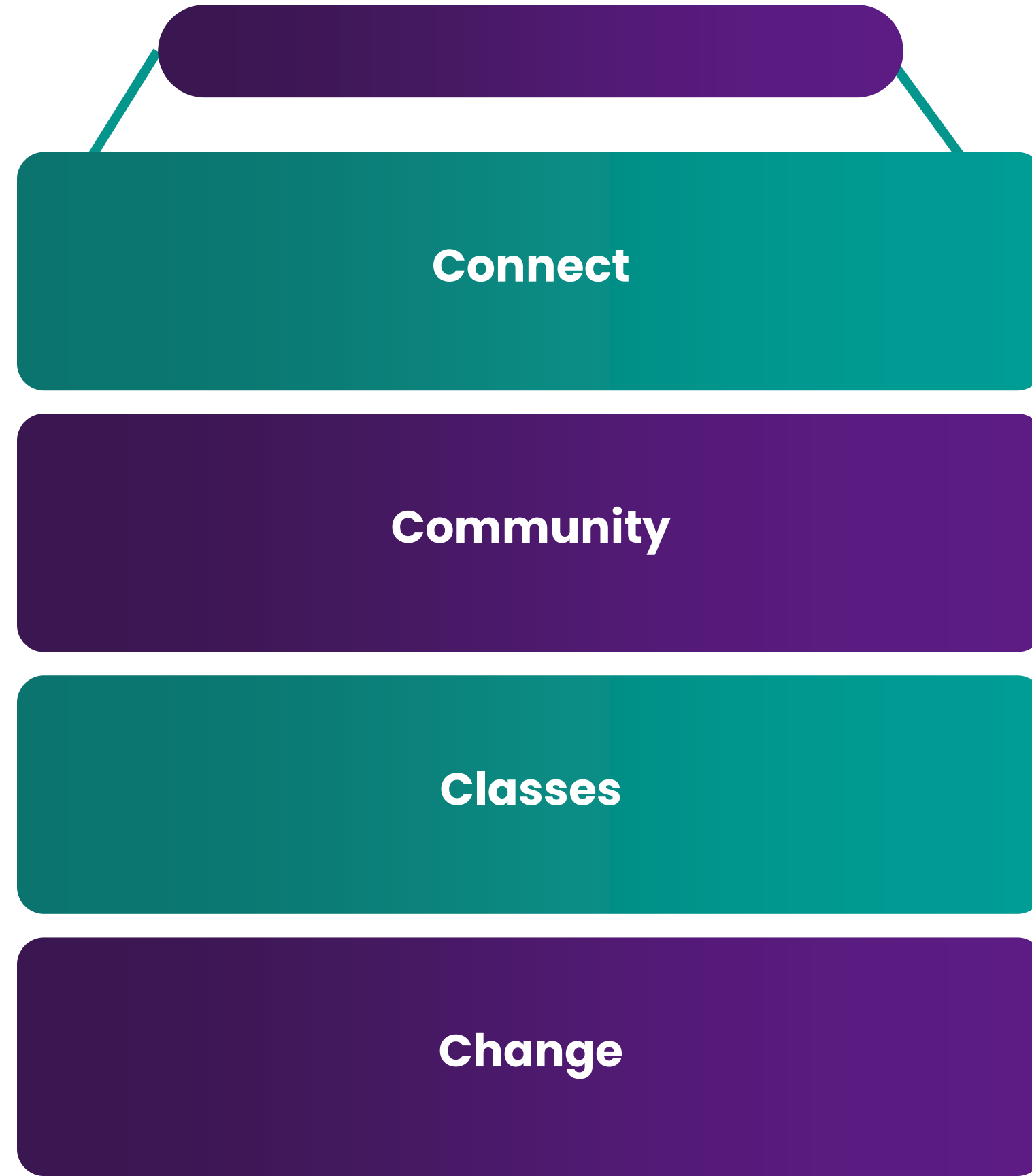
# DAY PROGRAM



**LIFE Recovery's Day Program** is a welcoming, classroom-based program designed to help women build recovery capital and take meaningful steps toward a healthier, more hope-filled life. It's a supportive space for women who are:

- Beginning to wonder if substance use is affecting their lives
- Curious about residential recovery but want to try something first
- Parenting school-age children and need a program that fits their responsibilities
- Completing residential treatment and wanting continued structure and connection

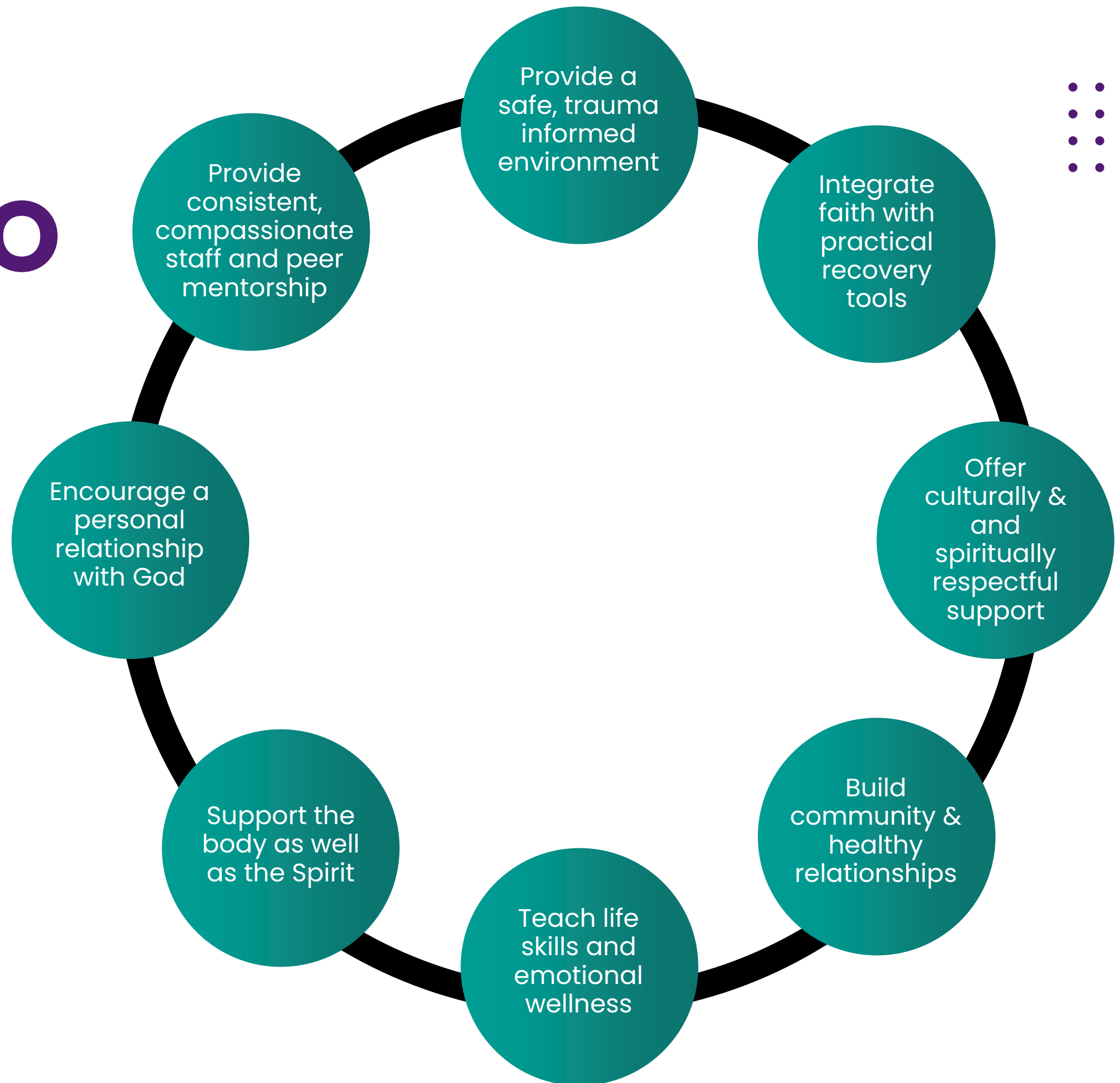




# DAY PROGRAM FOUNDATIONS



# A HOLISTIC APPROACH TO RECOVERY





# THANK YOU

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