

St. Raphael Wellness Centre (SRWC) is a non-profit, charitable organisation serving the needs of individuals and families affected by addiction.

## Our Mission

To provide a welcoming environment for healing where individuals, family and friends affected by addictions are accompanied in their journey towards recovery in body, mind and spirit.



## Evening Addictions & Recovery Programs

### Our two unique evening programs offer:

**Ongoing intake** so you can start whenever you are ready following an intake assessment and subject to space in the group

**Safe and supportive counselling** in group and individual sessions

**Group sessions twice a week** in the late afternoon

**Small, co-ed groups** for individuals over 18

### You can join without taking time away from work or studies

Programs may have an administrative and or program fee and may require fee-for-service. Any fee-for-service is on a sliding scale to meet individual needs.

Call us today to make an intake appointment  
**204-956-6650**



St. Raphael Wellness Centre  
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Winnipeg MB R3C 1T7

204-956-6650  
info@straphaelcentre.ca

[www.straphaelcentre.ca](http://www.straphaelcentre.ca)



Charitable Registration Number  
8999 11531 RR0001

# If you want to

## Explore Options

and gain the knowledge and motivation to make healthy decisions about substance use

## Work Sober

and continue to manage your recovery while tackling issues relevant to living and working without drugs and alcohol

# we can help you

# Evening Recovery Programs

## Exploring Options

**Take control of decisions that benefit your recovery.**

Understanding the choices you can make, and being motivated to make them, is a vital part of your success. We can help you explore your options in recovery and build a successful plan to change.

After gaining some experience with staying sober, participants may transition into the Work Sober recovery maintenance group.

## Work Sober

**Learn the skills and knowledge to continue managing your recovery at work, at home and in the community.**

Ongoing, work-related recovery support for those who already have some experience staying sober.

Tackle issues relevant to you, including job stress triggers, financial triggers, workplace culture, health and safety, dealing positively with co-workers/peers, bosses and subordinates.

## How to Join

**Our participant-focused intake process makes sure you get the right support and feel comfortable, positive and in control.**

**Our Intake Counsellor will work with you to determine which program is right for you, and in most cases can get you connected to a program quickly. Call us today to make an intake appointment.**

*"What I liked most about the evening groups was the facilitator's approach and willingness to help."*

## Referrals

**Do you know someone who is trying to get sober while working or studying? Is your employee, client or friend returning to work after seeking treatment for drug or alcohol addiction?**

**Our Evening Recovery Groups can support them. Call us today to find out how you can help connect them with our services.**

## Other Ways We Can Help

If the Evening Programs aren't for you, we would be happy to discuss your needs to find a program that's right for you.

- Our range of **day programs** provide pre and post-treatment support in a welcoming environment.
- If you're affected by someone's addiction, our **Family Program** provides the understanding and skills you need to cope.
- If anger is a problem in your life, our **TAPP (Turning Anger into Personal Power)** program gives you the skills and knowledge you need to manage it and get the positive outcomes you want.

*"An unexpected benefit for me was being able to connect with others having similar problems."*

Find out more about our programs and how you can join them at [www.straphaelcentre.ca](http://www.straphaelcentre.ca)

Have questions? Call us today on 204-956-6650