

SRWC is a not-for-profit, charitable organization serving the needs of individuals and families affected by addiction.

Our programs are:

Open Access - most of our programming is open access so you can join at any time following an intake assessment, subject to space in the group.

Effective - programs are based on the Continuum of Recovery Model, an evidence-based approach proven effective in addiction recovery for committed individuals over the age of 18.

Structured to support you - some of our groups are gender specific; our scheduling helps ensure healthy routines are maintained; content is responsive and flexible.

Programs may have an administrative and/or program fee and may require fee-for-service. All fees are on a sliding scale to meet individual needs.

If you are thinking, ready or looking for support, contact us today.

204-956-6650

Our Mission

To provide a welcoming non-judgemental recovery-oriented community where individuals, family, and friends affected by addictions are accompanied on their journey towards recovery in body, mind and spirit.



Providing pathways to a life of recovery

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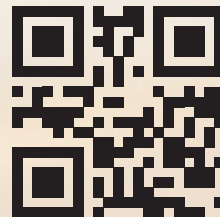
www.srwc-mb.ca



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Charitable Registration Number
8999 11531 RR0001

SRWC
St. Raphael Wellness Centre

Daytime Recovery Programs

If you are...

Thinking

about how alcohol or other drugs are affecting your life

Ready

to make changes so you can live drug and alcohol free

Looking

for support with staying sober or coping with someone else's addiction

we can help



...ing and staying alcohol and drug-free can be hard. We're here so you don't have to do it alone.

...as different programs to help individuals and families at every stage of the recovery journey - from **Thinking** about how using affects your life; to being **Ready** to change to an alcohol and drug-free life; to **Looking** for support with staying sober or developing the skills to cope with a loved one's addiction.

Business

Thinking about change? Understand your situation and how it is affecting you.

...ild strong, supportive relationships
...ke control and make healthier choices
...ocus on you and the possibilities of a
... life without addiction
...t help in exploring your options,
...ccessing treatment, and continuing
...ur journey

Assess

Ready for change? Identify your needs, get sober and stay motivated.

...the skills to start recovery

- Learn about and practice techniques for coping with triggers and stress
- Progress at your own pace in a safe and supportive space



Our Programs

We provide pre and post-treatment support in an open and welcoming environment.

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

Continuing Recovery

Looking for support staying sober? Reconnect with life, stay sober and achieve your goals.

- Explore new ways to live without drugs or alcohol
- Discover what works in a responsive and flexible environment
- Strengthen the work you did to get sober and stay healthy

Family Program

Looking for support coping with someone else's addiction? Get the help that meets your needs.

- Build supportive relationships
- Learn about the recovery process
- Feel empowered to take care of yourself
- Get connected with resources and services to meet your needs



Turning Anger into Personal Power (TAPP)

Looking for support managing your anger and difficult emotions? Take charge of your anger and get the positive outcomes you want.

- Explore your anger issues in a safe space
- Learn how to be in control of your anger and harness its positive aspects
- Access services to help you deal with the challenges you are facing