

Affected by Addiction

Our Family programs offer education and empowerment to support individuals regaining control of a life affected by addiction. SRWC's Family programs can help you:

- Connect with helpful resources
- Learn about the recovery process and develop a plan for success
- Build supportive relationships through small group sessions
- Move from surviving to thriving with community support

Dealing with Anger

If anger or other strong emotions are holding you back, our Emotion Management program offers you the practical skills to redirect your emotions and your life by:

- Addressing anger issues in an open, supportive environment
- Learning to acknowledge difficult emotions and harness your positive personality traits
- Connecting with resources and services that meet your needs



Mission

Our mission is to provide a welcoming, non-judgmental recovery community where individuals, family, and friends affected by addictions are accompanied on their journey towards recovery in mind, body, and spirit.



Wellness Centre

**225 Vaughan Street, 2nd Floor
Winnipeg MB, R3C 1T7
204-956-6650
Fax 204-956-6660
info@srwc-mb.ca**

srwc-mb.ca

Charitable Registration 8999 11531 RR0001



Wellness Centre

— YOUR PATHWAY TO —
HOPE AND HEALING



**If you want to
regain control
of your life**

WE CAN HELP

Trusted since 1996

We're here to support you

As a registered charity, SRWC has provided non-judgmental recovery services for individuals and families affected by substance use disorder, addiction, and mental health issues for over 25 years.

Our diverse group of professional staff and volunteers are committed to providing accessible, community-based, personalized recovery programs and ongoing support.

No Judgement

Community-Based Recovery

Finding and utilizing effective support resources can be difficult. We assist your recovery journey by facilitating access to much needed services and qualified mentorship to make long term change possible. Our unique approach to group and individual counselling allows you to navigate recovery while spending more time with the communities you love.



Recovery is a Journey

Recovery is a journey that begins long before you get into treatment, and continues long after. We are the only organization in Manitoba that specializes in offering support services before and after treatment.

Why choose SRWC?

- We're a registered charity local to Winnipeg
- Our warm, welcoming and non-judgmental recovery professionals focus on personal empowerment through individualized services
- Our flexible programs are compatible with many pathways to recovery
- Our unique community-based counselling approach is offered in day, afternoon and evening sessions that fit your schedule

Get Sober

Whether you are just beginning your recovery journey or awaiting treatment, our pre-treatment programs can help you:

- Understand your treatment and support options
- Find motivation to address your alcohol or drug use
- Form positive connections with others in similar situations
- Take control of your recovery decisions and progress at your own pace
- Access services on your own schedule with flexible program delivery options

Stay Sober

If you have recently completed treatment or have been sober for at least a month, our post-treatment programs can:

- Assist you to manage recovery at work, home, and in the community
- Allow you to explore new ways to live without alcohol or other drugs
- Help you develop the skills and motivation to achieve your recovery goals
- Offer you personalized co-ed and gender-specific programs on your schedule

Moms in Recovery

If you are a mom or expectant mom in recovery, our Continuing Recovery for Mothers and Expectant Mothers program offers:

- Stress reduction and healthy living advice for women, encouraging connection and bonding through whole-health recovery support
- Assistance navigating systems such as CFS, Probation Services, EIA and other agencies

