

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.



## Daytime Addictions & Recovery Programs

### Our programs are:

**Open Access**—most of our programming is open access so you can join at any time following an intake assessment and 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. Any fee-for-service is on a sliding scale to meet individual needs.

**If you are Thinking, Ready, or Looking for support, contact us today.**

**204-956-6650**



St. Raphael Wellness Centre  
225 Vaughan Street, 2nd Floor  
Winnipeg MB R3C 1T7

204-956-6650  
info@straphaelcentre.ca

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



Charitable Registration Number  
8999 11531 RR001

# 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 you

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

SRWC has 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.

## Readiness

**Thinking about change? Understand using and how it is affecting you.**

- Build strong, supportive relationships
- Take control and make healthier choices
- Focus on you and the possibilities of a life without addiction
- Get help in exploring your options, accessing treatment, and continuing your journey

## Access

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

- Get 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 to the right support quickly and feel comfortable, positive and in control.**

## Continuing Recovery

**Looking for support staying sober? Re-connect 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 support 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? Manage 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

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