



The Ottawa Mission offers:

- Food, shelter & clothing
- Spiritual support
- Day & residential addiction treatment
- Education & job training
- Employment & housing services
- Primary medical & dental care
- Hospice care



**ADDICTION
&
TRAUMA
SERVICES**

Addiction & Trauma Services at The Ottawa Mission supports men in their journey of recovery. Whether they want to stabilize their lives, attend residential treatment, or maintain abstinence in the community, we provide men with the support they need to build a better life.



Addiction & Trauma Services
35 Waller Street | Ottawa, ON | K1N 7G4
t: 613-234-1144 | f: 613-234-2813
e: mission@ottawamission.com

ottawamission.com
facebook.com/OttawaMission
twitter.com/OttawaMission



**ADDICTION
&
TRAUMA
SERVICES**



**THE ottawa
mission**
more than a shelter



The Ottawa Mission's Addiction & Trauma Services offers:

- Day Program
- Hope Program
- Stabilization Program
- LifeHouse Residential Treatment
- Second Stage Residential Program
- Aftercare

Day Program

The Day Program is a drop-in harm reduction program for men with addictions who are from the community or in the shelter system. In addition to groups held on weekday mornings, clients may attend drop-in counselling and other programming. The Day Program provides education about addiction and related issues, and helps participants develop new skills and strategies for changing behaviors. Clients may not be under the influence during group.

Hope Program

Beds in The Mission's Hope Program are available for Day Program participants. Hope Program rooms are moderately secluded from the rest of the shelter, providing residents with a greater sense of security and community than the general shelter. Complete abstinence is not required, but clients may not be under the influence while in the Hope Program.

Stabilization Program

The Stabilization Program is abstinence-based and is designed to assist men in stabilizing their lives and their addictive behaviour prior to entering an addiction treatment program or safe housing. The average length of stay is 30 days. This program consists of individual counselling, case management including referrals for mental health assessments, group counselling and volunteer activities.

LifeHouse Residential Treatment

LifeHouse is an intensive five-month residential program that provides integrated treatment for men with a history of trauma and addictions. The program seeks to help men to heal from the experiences that have contributed to their substance use while supporting them in developing self-esteem, coping skills, and a sense of self-sufficiency. The program consists of two phases.

Phase 1 - Core Treatment

The first three months of the program consists of weekly individual counselling sessions and structured therapeutic groups Monday through Friday. Group session topics include anxiety, awareness and management of emotions, mindfulness and yoga, spiritual development, trauma, relapse prevention, and creative healing strategies.

Phase 2 – Reintegration

In the last two months of the program, residents continue individual counselling and attending some aspects of the core program. The focus during this phase may shift to pursuit of employment, education and housing goals. Clients may work part-time, volunteer, or return to school during Reintegration. They are also granted occasional overnight passes to support the renewal and healing of relationships with their partner or family.

Second Stage Residential Program

Clients who have completed the LifeHouse program may access one of our Second Stage residences. Here they are provided with the support they need while repairing relationships, developing community supports, working or attending school. House meetings, therapeutic groups and life skills training are essential parts of the program.

Aftercare

Our Aftercare program plays a key role in the success of LifeHouse graduates. Individual counselling and group treatment for childhood trauma are available for up to two years following completion of the LifeHouse program.

“The counselling I received at The Ottawa Mission helped me understand myself and the roots of my addiction, and taught me a whole new way of life.”
John, LifeHouse Client

WANT TO LEARN MORE?

Contact us at:

ottawamission.com

613-234-1144

mission@ottawamission.com