

ADDICTION & TRAUMA SERVICES

The Ottawa Mission offers 5 different levels of support for men.

DAY PROGRAM

A drop-in group focused on peer support and educational topics. Participants do not need to be abstinent, but they are asked to arrive sober.



HOPE PROGRAM

HOPE is available to those clients with substance use disorder, behavioural addictions, challenges to their mental health, and impacted by trauma.

STABILIZATION

An abstinence-based live-in treatment program that helps clients stabilize their lives. Clients must be sober for 24 hours prior to intake.

LIFEHOUSE

A 5-month live-in treatment program focused on healing. To enter, clients require a referral from another abstinence-based program.

SECOND STAGE

Up to 1 year of supportive housing for clients who have completed live-in treatment and are transitioning to independent living.



*For more information,
stop by the front desk at
The Mission or contact
Hope Program staff at
613.234.1144
ext. 313, 323 or 307*



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HOPE PROGRAM

*A men's 3-month live-in
treatment program
focused on harm reduction*

AN OTTAWA MISSION PROGRAM



3 MONTHS



12 BEDS

The Hope Program offers a safe environment for men to explore their goals and change their lives through group programming and individual counselling.

Located in a separate wing of The Ottawa Mission, the program takes a harm-reduction approach to addiction treatment. It helps clients reduce the negative effects of substance use, behavioural addictions, challenges to their mental health, and impacts of trauma through stable shelter, addiction counselling, education and supportive services.



The Hope Program is a 3-month, 12-bed treatment program for men wanting to reduce the harm caused by their substance use.

Clients work to regain stability in their physical and mental health, relationships, housing and education. They may also address any challenges they face around their legal and financial situations.

Each week, program participants work with an individual addictions counsellor and attend group meetings to explore issues related to their substance use.

I went to detox 32 times, and to 3 rehab centres, trying to get clean. I thought I would never get it, and die an addict. I am very grateful to The Mission. I am still not using drugs, and I'm even quitting smoking! The Mission helped me change my life.

HOPE PROGRAM GRADUATE

PROGRAM EXPECTATIONS

Although abstinence is not mandatory, clients may not be under the influence while on the Hope Program floor.

ELIGIBILITY

This program is designed for men who are experiencing homelessness and identify as having a substance use disorder.

Applicants must be at least 18 years old and be willing to participate in recovery programming and communal living for a three-month period.