

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.

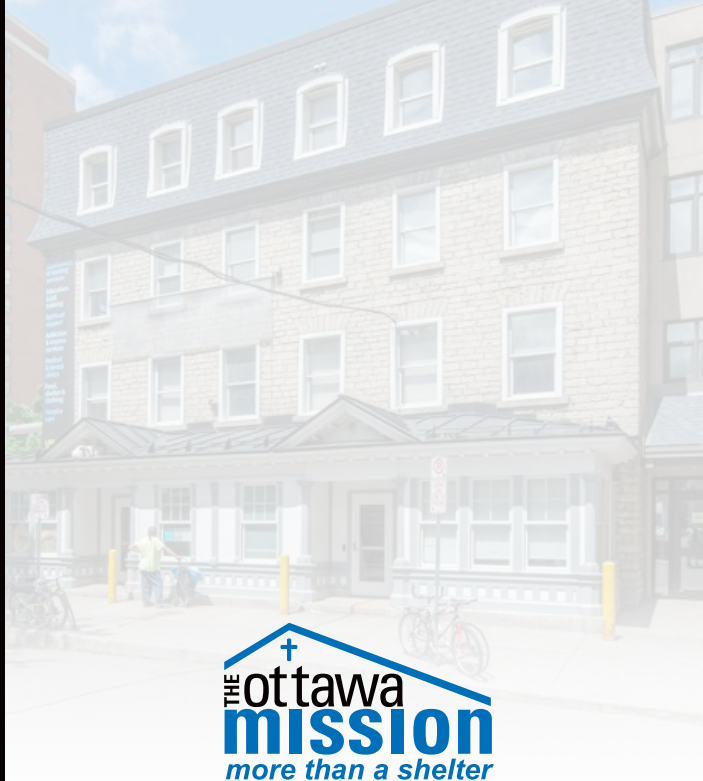


LIFEHOUSE

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 LifeHouse
at 613.695.1161*



The Ottawa Mission
35 Waller Street
Ottawa, ON K1N 7G4

**Note that LifeHouse
is held offsite*

OttawaMission.com



LIFEHOUSE

*A 5-month live-in
treatment program for
men with a history of
trauma and addiction*

AN OTTAWA MISSION PROGRAM



5 MONTHS



13 BEDS

LIFEHOUSE

LifeHouse provides a secure place for men to overcome addiction and addiction-related issues and prepare for future employment, volunteer work, or educational pursuits.

LifeHouse staff deliver structured programming, including psychoeducational and group therapy sessions, individual counselling and case management services.

The program also prioritizes life skills such as cleaning, laundry, budgeting and self-care.



The warmth, compassion and safety helped me break down the walls of my addiction.

LIFEHOUSE GRADUATE

The LifeHouse program is a 5-month, 13-bed treatment program for men with a history of trauma and addiction. Located in a quiet Ottawa neighbourhood, the program has two phases that aim to help men heal from their addictions and rebuild their lives.

CORE TREATMENT → first 3 months

- Weekly individual counselling sessions
- Group sessions Monday to Friday*
- Focus on healing, recovery and wellness
- Connections to educational and employment supports

REINTEGRATION → last 2 months

- Weekly individual counselling sessions
- Group sessions*
- Focus on employment, educational and housing goals
- Option to work, return to school and/or volunteer up to 24 hours per week

**Groups focus on anxiety management, trauma education, relapse prevention, spirituality and creative healing strategies. There are also optional groups for survivors of childhood abuse.*

COMMUNITY EXPECTATIONS

Community life is an important part of the program. Clients share space, meals, chores and group participation. There is zero tolerance for gambling, narcotics, drug-related equipment, alcohol or weapons while in the program. Clients pay programming fees through *Ontario Works*, *ODSP* or an alternative source, and house curfew is 11pm.

ELIGIBILITY

The LifeHouse program is for men who have experienced problematic substance use in the past year and who are at risk of becoming homeless. To enter, clients must have a referral from The Mission's Stabilization program or another abstinence-based program.

Applicants must be at least 18 years old and are required to complete an assessment prior to intake.

