

Entrance Requirements:

- Must have a recognized addiction
- Must be at least 18 years old, female.
- Interested in working towards recovery through willing participation in UGM programs (Biblically based) and individualized goal planning.
- 10 days previous to entry must be drug/alcohol free
- Living expenses to be funded by Social Services or other arrangements (special considerations may be made)



For more information  
call or email:

Intake Contact  
204-415-3934 ext. 504  
intake@gospelmission.ca



CHARIS CENTRE  
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WINNIPEG, MANITOBA

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Union Gospel Mission  
**CHARIS CENTRE**  
Women's Addiction  
Recovery Program

30 DAY PROGRAM



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30 DAY PROGRAM





Charis: God’s grace towards us, which affords, joy, pleasure, delight, sweetness, charm and loveliness

Program Components:

UGM's Women’s 30 Day Program provides a safe, clean environment, 24/7 staff, and individualized case management. The program consists of the following elements:

1. Spiritual Development
- Bible classes
  - Church attendance
  - Daily devotions
2. Recovery/Counseling
- One-on-one meetings
  - Daily support groups
  - Relapse prevention
3. Life Skills
- Physical health/hygiene
  - Housekeeping

4. Individualized Case Management
- Weekly case management meetings
  - Basic needs assessment
  - Establish care plan to include short and long term recovery goals
  - Identification of support team

\* \* \* \* \*

Our 30 Day Program teaches and models Biblically based principles in order to help women become all that God intended them to be.



After 30 Days

Charis Centre HEART Recovery Program is UGM’s long term recovery program.

Women may transition from the 30 Day Program to the long-term program (12-24 months) upon successful completion of the 30 Day Program.

The HEART Recovery Program builds on the 30 day program and continues to provide individualized care and a variety of recovery supports.

The HEART Recovery may include on-site child visits. Reunification with Mom may happen on-site in Phase 5.

The HEART Recovery Program may include transition to education and employment opportunities

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