

## 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
- Must attend detox for 10-14 days unless transferring from another program
- Living expenses to be funded by Social Services or other arrangements (special considerations may be made)

**“Strength and honour are her clothing; she shall rejoice in time to come.”**

**– Proverbs 31:25 (NKJV)**

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

**“I praise you, for I am  
fearfully and wonderfully  
made; marvelous are your  
works; and that my soul  
knows very well.”**

**– Psalm 139:14 (NKJV)**

Charis Centre  
271 Archibald St  
Winnipeg Manitoba  
204-415-3934  
charisintake@gospelmission.ca

Mailing address:  
PO Box 1073 Station Main  
Winnipeg, MB R3C 2X4

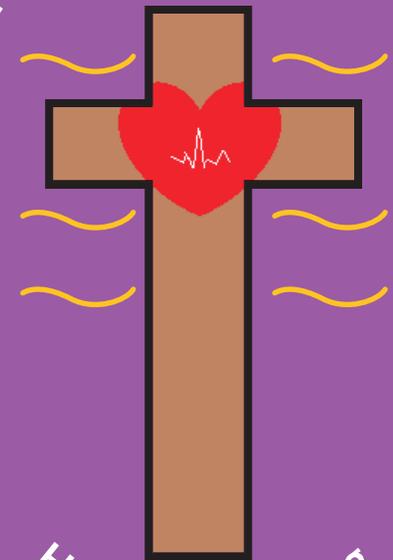
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## Women’s Addiction Recovery Programs Charis Centre



Beginning Recovery Essentials And  
Therapeutic Healing Endeavour



Accountability Responsibility Transition  
Healing Equipping  
H.C.

# Charis Centre: Participants may move through 3 progressive components of recovery:

## Breathe Program

The initial introductory recovery period provides a safe, supportive environment. The protective environment facilitates long term recovery and ensures safety and accountability to the program.

During this time program participants will explore the core issues of addictions through Bible-based recovery and trauma classes and individual recovery counselling. Twelve step Overcomer classes are also facilitated to provide group support.



## HEART 1-Year Program

Upon successful completion of the 30-day program women may transition to the one year HEART program.

It continues to build on the BREATHE program in exploring addiction issues through Bible-based recovery and trauma classes and individual recovery counselling.

Child visits for moms may begin after the second week of the program. Children 10 and under may have visits on-site and work towards eventual reunification.

Gradual reintegration into community and family life with the support of a Recovery Counselor and Chaplain is a key component along with relapse prevention.



## Transitional Living Program

Upon successful completion of the HEART program women may move into one of the following options:

- 1 – Life Transition
- 2 – Education
- 3 – Opportunities for Employment
- 4 – UGM Servant Leadership Internship

Long-term Supportive Living is available for HEART Program Graduates.

## Check us out!



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*Charis Centre's addiction programs teach and model Biblically based principles in order to help women become all that God intended them to be*

Charis Centre offers counselling to children that enter the program as a result of reunification with mom. We acknowledge that children face many issues including trauma and attachment when taken from mom and placed into care, as well as issues upon reunification. UGM Charis Centre wants to be a part of the solution and help children heal while mom is healing.



Contact Information for In-take:  
Ph: 204-415-3934 ext. 504  
Fax: 1-888-693-3468  
Lyudmyla.dochynets@gospelmission.ca  
Loriann.tulk@gospelmission.ca

Drop-In Applicants at:  
271 Archibald Street  
Mon-Fri 9:00 am - 4:00 pm  
(except holidays)

