

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's Biblically-based programs 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 is 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



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Charis Centre

Women's Addiction Recovery Program



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

Participants may move through 4 progressive components of recovery:

Breathe Program

Introductory Recovery Period

- A safe, supportive environment.
- A protective environment facilitates long-term recovery and ensures safety and accountability to the program.

What to expect

- Program participants will explore the core issues of addictions through Bible-based recovery and trauma classes.
- Individual recovery counselling.
- Overcomer classes (group support).

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

Heart Program

One-Year Program

Upon successful completion of the **Breathe Program** women may transition to the **Heart Program**.

- Continue to explore addiction issues through Bible-based recovery and trauma classes.
- Individual recovery counselling.
- Children 13 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.



Harvest Program

Harvest reflects deeper spiritual growth, sustained healing, and preparation for re-entry into life and purpose. Upon completion of the **Heart Program**, women may move into the following program under **Harvest**:

1. Life Transition
2. Introduction to Leadership programming
3. Opportunities for Employment
4. UGM Servant Leadership Internship

Launch Program

A third-stage recovery program focusing on advancing the individual's journey toward full restoration, long-term stability, and active participation in God's mission, which will include the below programs:

1. Completion of Leadership programming
2. Practical Life Skills training
3. Opportunities for Employment
4. Emerging to independent living