

Your Impact

Celebrating 25 years of hope and recovery | Winter 2023

Adeara Recovery Centre

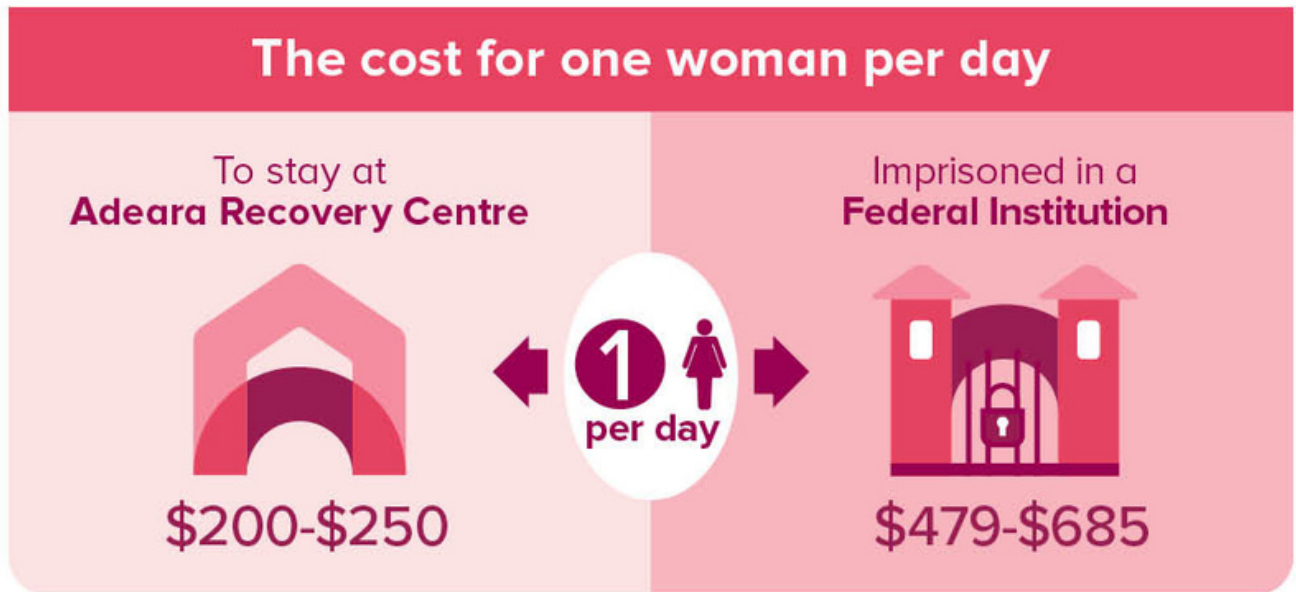
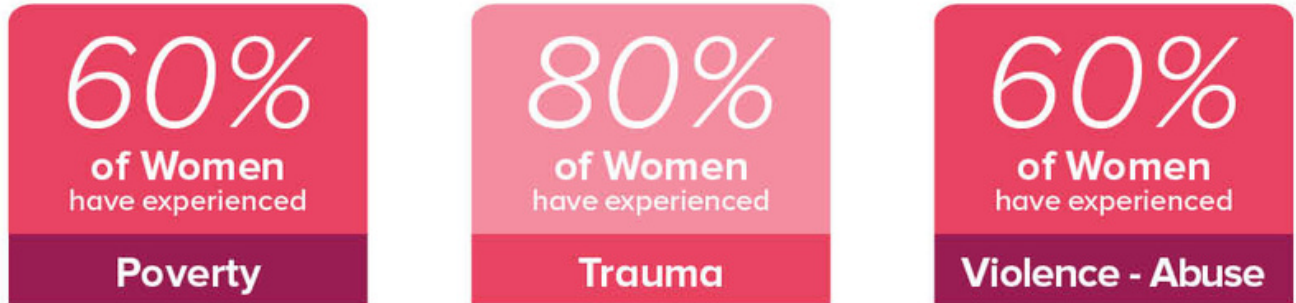


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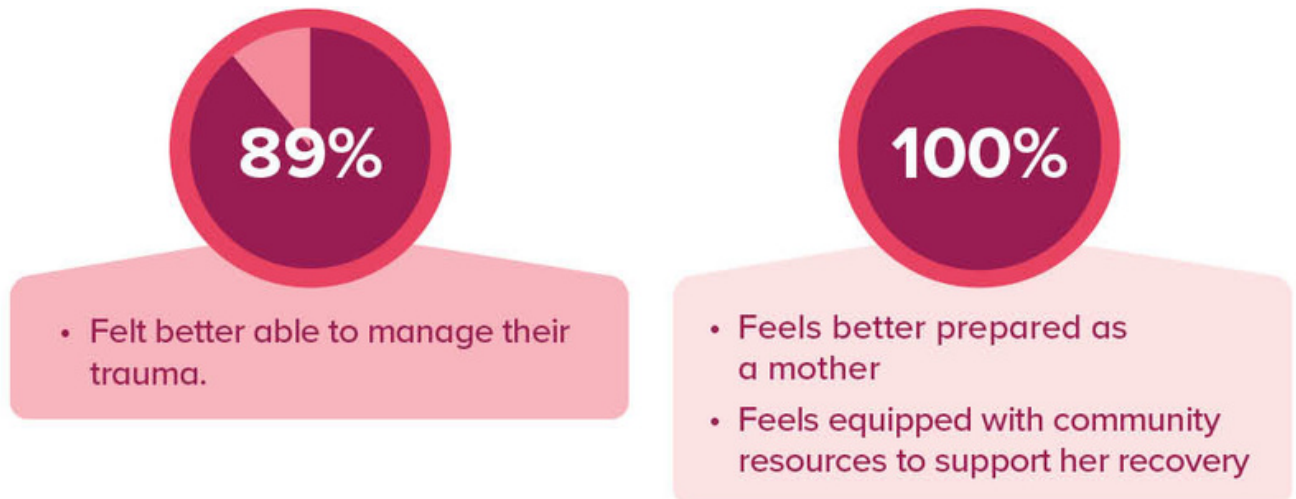


July – Dec 2022

Barriers faced - In the last six months.



Resident Reflections





Our Programs

Aftercare



The Aftercare Program started in 2021, thanks to the support of the Edmonton Community Realtors Foundation, and has supported over eighteen women transition to independent living.

Adeara residents transition to the Aftercare Program once completing the one-year program. Although the women gain a broad new skillset while in the program, they now face the reality of independent living; some with high-needs children, as well as continuing a life of recovery without the safety and structure of Adeara's program. This is why the Aftercare Program is vital to a woman's sustainable recovery. The Aftercare Program assists the women in broadening their resources by continuing their education, finding meaningful employment, attending other support groups, and volunteering. The Aftercare Program provides community through weekly meetings, What's App chats and monthly counselling.

Through the Aftercare Program, women continue to develop skills in dealing with triggers that arise, recognizing relapse signs, and making healthy decisions for themselves and their children. It is imperative to talk regularly to reinforce the skills and tools these women have gained while at Adeara; as sometimes old patterns may arise.

Over the past year, we have seen women become more involved in their communities,

churches and children's schools. While learning to live healthy vibrant lives, the women can also uncover other addictions that surface and need to be addressed. Without the support and accountability Adeara provides through the Aftercare Program, these women could easily overlook these weak points, and put themselves at risk of relapsing into their primary addiction.

As life rarely operates in a linear format, the women experience many ups and downs as they transition to a life without addiction. Addiction aims to isolate, which is why we are adamant about the importance of real connection in our programming.

As a result of Adeara's programming, we have seen a decline in unhealthy choices, improved money management and quickness to identify the red flags that lead to abusing substances again. We have also seen their gifts and creativity rise to the surface, where their previous addiction kept it smothered. The women now know the value they bring to their community, friends, and family.

The Aftercare program provides a safe space for the women to show up without judgment and be held accountable. They feel loved and cared for, which helps them grow forward into a life of sustainable recovery, that will impact generations to come.

Marleen Gray
Aftercare Coordinator



Tales of Hope

Stories from Alumni

Aftercare to me means a family I can turn to. Whether that be for emotional support or help to get back on my feet again. It's an outlet as well as a foundation to help get my focus back on what's important in life, especially when I lose my balance. It's accountability. It's insight. It's friendship. It's words of wisdom - even when they're hard to hear. It's encouragement, but most of all it's love. Aftercare gives me the push in the direction I know I am meant to go, even when I lose my footing - especially when I lose my footing. - *Cheyenne*

I continue to be a part of the Adeara Aftercare program because of the ongoing support. I feel loved and have an overwhelming feeling of gratitude knowing I have a place to go anytime with anything I am dealing with. I am 8 years

in recovery and able to pass on the tools that I have learned to the new women who join, and at the same time receive support for myself. We have a great connection with God and with each and every woman in the group. I am so proud of the team of strong women, and to see so many succeed in recovery. - *Amber*

I have built quite a connection with each of the ladies and I have no intention of leaving because I need to have this kind of support in my life to manage the disease of addiction. I am thankful for the opportunity given to me for leadership support in the group as my self-esteem has increased exponentially. The counselling has given me a different perspective to know that I'm more than crumbs. - *Elaine*



As I continue with aftercare I continue to grow. I am able to recognize the change in the ladies and also see my own growth. I am able to share openly about my thoughts and can be called out on unhealthy thinking patterns and I am able to adjust and correct. I feel a sense of connection and community as we all want to grow in our recovery and also our spirituality. I find aftercare very beneficial not only for the weekly meetings but also for the aftercare chat group. - *Melody*

Aftercare has kept me sober and accountable. It's an amazing feeling to be able to connect with others who have been through similar histories and grow (and struggle) together. Thank you.
- *Tamara*

I keep coming back because it's here I find support and accountability. It's also a place I can be of value to others walking in my shoes. I feel connected, even when I may not want to be. It's a place for me to completely be myself and feel good about my journey and milestones. They will cry with me, laugh with me, and keep me accountable in all I bring to the table. When there are issues within the group, we're able to talk about it. It's all about growing forward, and that's what we do here, one meeting at a time. Connection is key. - *Kaelynn*

Employment Readiness Program

In March of 2022, More Than a Fad (MTAF) started a retail readiness program to be integrated into the regular programming for the women at Adeara. Before this, the residents came twice a week to MTAF to volunteer for a couple of hours. Although this experience was somewhat relevant, the staff at MTAF and Adeara desired a program that was more impactful and true to the vision, mission, values and commitment to the women at Adeara, as well as that could be beneficial for the other groups and organizations that utilize the thrift store for their work experience programs.

Winnifred Stuart, Norquest College, and the Centre for Autism Society are a few of the organizations that MTAF has offered work experience opportunities. In addition, several universities and high school students regularly volunteer at the thrift store for school credit.

Since integrating the retail readiness program into Adeara's programming, we have seen the women grow in confidence in their employability and interpersonal skills. When the women first start at the thrift store, they each undergo an interview and orientation of the store. This helps our staff understand their work history and where they might be best placed in the store to develop their skills.

The women receive performance evaluations every three months alongside weekly coaching and feedback from Adeara's support staff. While this is for accountability, we also desire to give the women the opportunity to participate in the trajectory of their work at the store and set goals for future employment.

I believe this program has been a very positive experience for the women to have a time every week away from the centre that is safe and allows them to re-discover passions, dreams and develop their employability skills.

A common barrier the residents face when transitioning out of the program is employment options. Through this retail readiness program, MTAF helps minimize that barrier.



As the floor manager, it has been wonderful watching each woman grow in their endeavors. I enjoy their comradery and hearing them chat and laugh in the lunch room. They all work very hard in their positions at the store, many of whom excel in larger projects and responsibilities during their time at MTAF.

At More Than a Fad, our vision is to engage and educate our community while empowering women in addiction recovery to change their lives. While More Than a Fad is just one small piece in Adeara's programming, I believe we have seen a tangible impact in the women and in our community at large.

We look forward to continuing to grow this program and providing many more opportunities for Adeara and our community.

Kathy Turner
Floor Manager
More Than a Fad

more
than...
a fad



Our People

Realtors Community Foundation



We would like to thank the Edmonton Realtor’s Community Foundation (RCF) for funding a large portion of our aftercare program in 2022 and for recently committing to continue their support for the program in 2023. The RCF is an organization that brings together realtor agents from around the city to give back with the hopes of making a more significant impact. For over thirty years, the Foundation has been intentionally funding local charities that work in the very communities the realtors work in – making a measurable difference right in our neighbourhoods.

We would like to express our deepest gratitude to the Edmonton Realtor’s Community Foundation for helping make possible this essential aftercare program for our residents. By maintaining aftercare addiction recovery support with vulnerable women in recovery, we create a better-equipped community to handle the challenges of the future.

Show your support today

By giving to Adeara’s life-giving staff, housing, and program.

I want to support Adeara

- \$35 \$50 \$100
- \$500 \$1000 \$ _____

Recurrence

- I want to give monthly
- I want to give one time

Payment Information

Name on Card _____

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Method

- Cheque Visa MC American Express

I hereby authorize Adeara to charge my credit card as specified above

Become an Adeara Volunteer Today!



Coldest Night of the Year 2022

When you volunteer your time at Adeara, you see firsthand the difference you can make in the lives of women who are working to break the cycle of addiction. Whether you make a short-term or long-term commitment of time, we would be grateful to have you join our team of volunteers.



Learn more at adeara.ca/volunteer

With an act of giving, you ensure that families can grow forward

Thank you!

Individual gifts will be acknowledged with an official tax receipt for income purposes. Please visit adeara.ca/give for Adeara's Restricted Gift Policy.



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Yes, sign me up for the e-Newsletter!

Please make cheques out to **Adeara Recovery Centre**

Box 68169, 162 Bonnie Doon Centre, Edmonton, Alberta T6C 4N6