

## Our Services

A wide array of services are offered to provide a rounded, tailorable recovery program.

These services include:

- ▶ Assessment and Referrals
- ▶ Treatment Referral
- ▶ Individual and Group Counselling
- ▶ Addiction Information
- ▶ Goal Planning
- ▶ Recreation / Leisure Planning
- ▶ Academic / Vocational Planning
- ▶ Alcoholics Anonymous and Narcotics Anonymous
- ▶ Step Study Group
- ▶ Spirituality Guidance
- ▶ Volunteerism
- ▶ Job Preparation Assistance
- ▶ After Care
- ▶ Alumni/Outreach

## How Can I Help?

As a volunteer your role may be to teach a seminar, to lead a fitness class, to organize a special event or to help raise funds through a bingo or casino. No matter what you do, the end result will be that more people get help in dealing with their addictions.

For more information, please contact Patricia at Our House.



**OUR HOUSE**  
ADDICTION RECOVERY

**O U R H O U S E**  
**( E D M O N T O N ) L T D .**

**22210—Stony Plain Road**  
**Edmonton AB T5S 2C3**

**Phone: (780) 474-8945**

**Fax: (780) 479-2271**

**Email: [house@ourhouseedmonton.com](mailto:house@ourhouseedmonton.com)**

**Website: [www.ourhouseedmonton.com](http://www.ourhouseedmonton.com)**

**OUR HOUSE ADDICTION  
RECOVERY CENTRE**

## Volunteer Opportunities



**OUR HOUSE**  
ADDICTION RECOVERY

**Call 474-8945**

## Where Did We Come From?

Our House is an independently funded agency incorporated as a charity in 1985. We were created as a result of the concerns of parishioners of St. Stephen the Martyr Anglican Church, who saw homeless addicts living on the streets around the church. In this year a house near the church was rented to provide a drop-in service to young men and women.

In 1988 we moved to our present location, which is a renovated fourplex. In 1991 an extension of ten beds and a group room was added to accommodate 70 men. With this new space a more structured program was put in place.

In 1997 a "Life Management Skills" course was added, and in 1999 an "Anger Management" course was added. Both of these courses are also available on a non-live-in basis.

1999 also saw the opening of "John Hilton 3/4 House." This second 10-bed facility provides a supportive environment to those who have completed our program and are working or going to school full-time. This facility also helps clients deal with the move from a structured environment, with 69 roommates, to independent living.

We have retained the original basic philosophy of "addicts helping addicts." Each client is a resource for the others, and often becomes an example to those around him of what can be achieved through hard work and dedication.

## Our Programs

- ▶ Recovery Program
- ▶ Understanding One's Anger Course
- ▶ Life Management Skills Course
- ▶ John Hilton 3/4 House
- ▶ Community Outreach

## Why Are Our Programs Important?

ADDICTION is one of the largest social problems facing society today. The people who suffer are our friends, neighbours, our children and sometimes ourselves. The cost of addictions are numerous and cannot truly be counted in terms of dollars. There are the human costs of injuries and deaths by impaired drivers. Property stolen to pay for the addiction. Broken homes and distressed relationships. Numerous diseases of the liver and other organs. There is even a cost when the trust of a loved one is lost because they are unwilling to deal with the addiction and are trying to minimize or hide it.

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