

Fresh Start Recovery is an accredited and recognized organization in Calgary and Lethbridge. We provide 123 treatment beds and 112 post-treatment beds to individuals seeking recovery. We are not just a treatment centre but a source of knowledge and understanding. We recognize that addiction is a chronic brain disorder, and this understanding allows us to employ an interdisciplinary client-centred approach to treatment, empowering individuals to live healthy and productive lives free from the effects of addiction.

Fresh Start Recovery aligns with the philosophy that recovery is restoring an individual's sense of belonging through self-determination and reconnection with others and the community. We utilize a comprehensive goal-setting strategy, building resiliency by developing and exploring interpersonal relationships, spirituality, education, employment, housing, culture, and a further introspective look at oneself. This approach is enhanced through recreational and therapeutic activities in an atmosphere conducive to physical, emotional, mental, and spiritual growth. Our use of peer support runs in unison with our treatment program, derived from the 12-step abstinence-based approach to recovery and underpinned by a biopsychosocial-spiritual model that is further enhanced through community partnerships and relationships.

Our staffing model is exceptionally diverse and eclectic. Over 300 years of combined lived and shared experience among our employees allow us to bring forth an empirically based approach to treatment, reinforced with varying degrees of academic recognition. Our insight, compassion, and understanding of recovery allow us to provide our clients with the means to engage with and become part of a larger recovery community.

We are committed to developing and implementing strategies and best practices that provide solutions for treating addiction and substance abuse.

Fresh Start programs are supported by our valued community partners.

Charitable registration
136720737
RR0001

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FRESH Start RECOVERY

Providing Solutions To Recover Lives

**IF YOU OR A FAMILY MEMBER
IS STRUGGLING WITH
ADDICTION, WE CAN HELP.**

Contact and Locations

411 - 41st Avenue NE Calgary, Alberta
T2E 2N4

85049 Range Rd 212 Lethbridge, Alberta
T1J 5N9

85043 Range Rd 212 Lethbridge, Alberta
T1J 5N9

Telephone 403.387.6266
Toll Free 1.844.768.6266
freshstartrecovery.ca
info@freshstartrecovery.ca



Mission:

“Fresh Start is recovering lives by Housing, Treating and Supporting people affected by addiction.”

Vision:

“Every Individual - Recovery for Life.”

A Path to Recovery

Intake: Assessments and Admissions

The first contact with Fresh Start Recovery can be made by the individual seeking treatment, a friend, a family member, an employer, a health care facility, an insurance company, or a legal practitioner. However, the individual seeking treatment must be present and involved in the initial telephone intake process. All individuals are responsible for maintaining regular contact with our main desk while on the waitlist. When a space becomes available, the individual seeking treatment will be contacted for an admission assessment by one of our facilities, at which time a bed date will be provided. Typically, entry will be within 72 hours (about three days) of assessment.



Treatment

Our treatment program is facilitated through both inpatient and outpatient experiences; participants will have an opportunity to engage in one-on-one and group support sessions consisting of, but not limited to, educational presentations, open discussions, 12-step work, personal and spiritual development, as well as recreational and social activities.

The individual's treatment will consist of a stabilizing time designed to help participants gain a clearer insight into their addiction and the impact it has had on themselves and others. Participants will work towards developing a personal treatment plan with their counsellor. This client-centric approach is achieved through a comprehensive life assessment and goal-setting strategies.

Our treatment program utilizes the peer support model, which runs parallel to our core treatment model. Our goal is to restore an individual's sense of belonging through the re-connection to self, others, and community. We have recognized the importance of community building for many years. Our intensive treatment program and our focus on a defined continuum of care show that recovery is a viable reality for those we serve.

Community-Based Supported Housing

Fresh Start offers a recovery-based community approach to supported housing. This opportunity is made available to those individuals who have actively engaged in our treatment program.

Community-based housing is supported by an Outreach team that offers recovery support and complete case management for support and referrals in all major life areas. These Community-Based Supported Homes are the foundation for allowing our clients to transition into fully independent living at their own pace.

Ongoing Community Support

Fresh Start encourages each individual to maintain weekly contact with our staff and alumni upon completion of treatment. This can be done through regular attendance at our weekly alumni meetings, gratitude, and milestone celebrations. These events are designed to offer continued support and fellowship and create an opportunity to reconnect and reinforce that sense of belonging.

Community and the return to being responsible and productive members of society are at the forefront of our program. Every individual is encouraged, supported, and guided into becoming part of and contributing to the recovery community, strengthening their own commitments to their family and employers, and giving back to the community as a whole.



Alumni Unity

Every individual becomes an Alumni member upon completion of their personal treatment experience. Each person is accountable not only to themselves but also to their fellow alumni. This peer support group has become the foundation for meaningful service, lifelong friendships, and ongoing support for many of the lives we have had the opportunity to impact.

The Fresh Start Friends and Family: Coming Together Series

If someone in your life is struggling with addiction, you likely know the feelings of helplessness, despair, and resentment. There is an answer to the fear, uncertainty, and anger you may be experiencing. Fresh Start seeks to bring individuals together. We help facilitate a safe and empathetic environment where you can explore with others and find the healing you deserve. Formerly known as The Family Healing Program, we offer help to anyone who is affected by addiction. We will guide you in finding understanding, creating healthy boundaries, and navigating the negative impact you may be experiencing. Please reach out... you are not alone if you know or are involved with someone who is affected by addiction. There is a solution.

