



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

Fresh Start programs
are supported by our
valued community
partners.

Charitable registration
136720737
RR0001



FRESH Start



RECOVERY

Providing Solutions To Recover Lives

Friends & Family: Coming Together Series

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.





The Fresh Start Family and Friends: Coming Together Series

The Series is available to any individual who presently is or has ever been affected by someone else's addiction. We welcome anyone who has recognized these effects on themselves. The series encourages individuals to discover a need for their own recovery from the impacts in all areas of their lives.

The disease of addiction affects the quality of life of the person struggling with addiction as well as those close to them. Fresh Start Recovery believes that recovery is possible for all involved. Addiction is a family disease. When family, friends and the person with addiction receive help through learning, love, and support, it empowers everyone to move toward the solution.

The Coming Together Series is meant to help individuals gain further insight into the disease of addiction and to work on addressing their own healing journey. We hope to promote self-awareness and discovery through exploring topics of emotional awareness around guilt, shame, resentment, anger, and fear. The series provides compassionate insight into boundaries and practices for stress management through grounding and self-care.



Empowering Families Through Understanding and Support

At Fresh Start Recovery, we understand the profound impact addiction has on friends, family, and the community. Our Friends & Family: Coming Together Series is a four-week program designed to support those affected by a loved one's addiction. This series provides a safe and empathetic environment where participants can explore their feelings, learn new coping strategies, and begin their own healing journey.

The program runs Tuesday and Thursday evenings for four weeks from 6 pm to 8 pm. It is available in person in Calgary and Lethbridge and online for anyone outside those immediate areas. The cost is on a sliding scale, meaning it can be adjusted depending on your financial situation.

After completing the Series, new Alumni are welcome to join past participants for weekly mutual support meetings on Thursday evenings from 7 to 8 p.m.

For more information or to register, email comingtogether@freshstartrecovery.ca or call 403-387-6266 and ask for Christine or Kellie.



Our Commitment

- **A Welcoming and Brave Space:** We provide a safe and supportive environment for anyone affected by someone else's addiction.
- **Holistic Healing:** Encouraging self-care and the healing of your physical, emotional, mental, and spiritual well-being.
- **Education on Addiction:** Offering comprehensive education about the disease of addiction, with a focus on coping skills to manage its effects and stress.
- **Promotion of Boundaries:** Helping you establish and maintain healthy boundaries.
- **Referral Services and Support:** Tailoring referrals and support to meet individual needs.
- **Qualified and Compassionate Facilitators:** Ensuring you receive guidance from experienced and empathetic professionals.