Our Approach to Recovery

We take a client-centred approach to recovery, meeting every individual where they are and restoring a sense of belonging through connection, accountability and care.

Fresh Start's model combines structure, compassion and consistency. It includes a 12-step, abstinence-based foundation, a biopsychosocial-spiritual framework, strong peer support and trusted community partnerships.

Our support extends beyond treatment. Through Recovery-Oriented Housing, outreach, family support, alumni connection and community involvement, we walk alongside individuals as they rebuild their lives, reconnect with their families and find meaningful purpose.

Whether you are seeking help for yourself or someone you care about, you are not alone. We are here and ready to help.

Our Values

Authenticity, Engagement, Trust, Integrity, Collaboration and Leadership

Purpose:

"Providing Solutions To Save Lives, Rebuild Families, And Strengthen Communities."

ACCREDITED WITH EXEMPLARY STANDING
ACCREDITATION AGRÉMENT CANADA

Fresh Start is supported by valued community partners.



Contact Information

Telephone 403-387-6266
Available 24 hours a day, seven days a week.
freshstartrecovery.ca
info@freshstartrecovery.ca

Charitable registration # 136720737 RR0001

Fresh Start RECOVERY

Providing Solutions To Save Lives

Struggling with addiction.

You do not have to face it alone...

We can help.



Vision:

"Meeting Every Individual, Supporting for Life."

Admissions & Assessments

The first contact with Fresh Start may come from the individual seeking help or from someone close to them, such as a family member, partner, or friend. Regardless of who reaches out, the individual must be involved in the initial conversation so they are informed, engaged, and prepared for the next steps.

Once contact is made and space is available, an admission assessment is scheduled. If readiness is confirmed, a bed intake date is offered as soon as possible.

Fresh Start is not a medical detox facility. If detox is required before entering our program, we will help coordinate care through trusted providers to ensure a safe and supported transition into treatment.



Treatment

Fresh Start's treatment program offers individuals a balanced and structured recovery experience that includes one-on-one and group support, educational discussions, 12-step work and spiritual development, and recreational activities that promote connection and well-being.

Each person works closely with a counsellor to better understand their addiction and its impact, then develops a personalized treatment plan guided by a comprehensive life assessment and clear, intentional goals.

Our approach is client-centred and strongly rooted in peer support. Shared experience runs alongside clinical programming to build trust, accountability, and meaningful connection.

Our goal is to restore a sense of belonging to self, to others, and to the broader community. Through a structured continuum of care, lived experience and decades of service, we know lasting recovery is possible. Our relationship does not end when treatment does. Fresh Start remains a place of connection, belonging and support for life.

We see it every day.





Recovery-Oriented Housing

We believe recovery continues beyond treatment. As part of Fresh Start's continuum of care, Recovery-Oriented Housing provides a safe, stable environment for individuals ready for their next step.

More than a place to live, these homes offer continued connection, accountability and support. With guidance from our Outreach team, residents receive case management and practical help with employment, education, health and relationships.

This continued care helps individuals strengthen their recovery, rebuild family connections and move toward independent living while remaining connected to a community of support for life.

"Recovery is built through gratitude, generosity and community."