

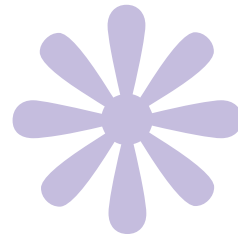
## *Entrance Requirements*

- Must have a recognized addiction
- Must be at least 18 years old, female
- Children living with Mom must be 12 years or younger (special considerations may be made)
- Working towards reunification with children, if applicable
- Interested in working towards recovery through willing participation in UGM programs (Biblically based) and individualized goal planning
- 10 days previous to entry must be drug/alcohol free
- Living expenses to be funded by Social Services or another agency while in the program (special considerations may be made)



*For more information  
call or email:*

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### *Charis Centre*

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# Union Gospel Mission CHARIS CENTRE

*Women's Addiction  
Recovery Program*

Our **HEART** Recovery  
Program teaches and models  
Biblically-based principles  
in order to help women and  
children become all that God  
intended them to be.



*Healing  
Equipping  
Accountability  
Responsibility  
Transition*

## CHARIS

*God's grace towards us,  
which affords joy, pleasure,  
delight, sweetness, charm  
and loveliness*

### *Program Components*

UGM's Women's Addiction Recovery Center provides a safe, clean environment, 24/7 staff, and individualized case management. The program consists of the following elements:

#### 1. Spiritual Development

- Bible classes
- Church attendance
- Mentoring support
- Daily devotions

#### 2. Recovery / Counseling

- One-on-one meetings
- Support groups
- Relapse prevention classes
- Peace making classes
- Relationship classes
- Anger resolution classes

#### 3. Life Skills

- Parenting
- Physical health/hygiene
- Housekeeping
- Nutrition/cooking
- Financial management

#### 4. Individualized Case Management

- Weekly case management meetings
- Basic needs assessment
- Establish care plan to include mid- and long-term goal setting
- Identification of support team
- Advocacy

#### 5. Educational Development and Employment

- Educational assessment
- High School diploma
- Job search (upon completion of educational goal or program)
- Employment and school attendance are discouraged during the first 5 months
- Part-time employment and school are allowed only if it does not interfere with other program activities and only after individual educational goals have been achieved

### *Purpose*

1. Offer a variety of coursework with emphasis on spiritual development, recovery issues and life-skills.
2. Introduce you to the basics of Christianity and the person of Jesus Christ.
3. Help you develop a healthy identity so you can establish healthy mutually supporting relationships.
4. Establish a care plan that will identify God's goals for your life.
5. Help you move toward accepting personal responsibility for your actions.



*Call 204-415-3934*