

The 5 Pillars of Cornerstone to Recovery



Pathways



Connections



Residential



Wellness



Social Enterprise

"Coming together is a beginning; keeping together is progress; working together is success."
(Edward Everett Hale)

We opened our doors in 2004 with the intent to provide a place that was safe and productive for those walking the path from addiction to sustainable, community-based recovery.

This place for recovery was designed to be collaborative, constructive, and often a home, when we could not be home. In 2018 we changed our name from STEPS to Recovery to Cornerstone to Recovery which reflected our belief that our recovery community serves as collective strength from which we work, we live, and we thrive!

#RiseTogether #CornerstoneToRecovery

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JOB FINDING CLUB

Our Job Finding Club provides STEPS Training and Employment Preparation Program graduates the opportunity to continue to access support for their employment search.

WHAT CAN YOU EXPECT FROM THE JOB FINDING CLUB?

- Access to computers and WIFI for job search, resume preparation and printing
- Resume and Cover Letter revisions
- Employment Search Support
- Volunteer Position Search
- Interview skills practice and support

The Job Finding Club is offered for those who have successfully completed the STEPS Training and Employment Preparation Program. Upon graduation from this program, The Job Finding Club is offered on Tuesdays & Thursdays from 1:00pm – 3:00pm, from July to December at the *Cornerstone Recovery Community Centre*.

HOW DO YOU GET STARTED?

If you are interested in further information or wish to register for our next S.T.E.P.S. class or participate in Job Finding Club, please contact us. Professional referrals are always accepted, and we are happy to collaborate to support your clients. Please contact us if we can be of assistance.



Funded partially by
The Regional Municipality of York



Pathways

Employment and Education Support



PATHWAYS

At Pathways, our STEPS Training and Employment Preparation Services (S.T.E.P.S.) and Job Finding Club provides our clients with the opportunity to achieve their employment, education and recovery goals. Our programs help clients develop self-sufficiency, confidence and valuable tools and skills they need to sustain life in recovery.

Pathways provides second stage recovery skills that are key to long-term recovery and self-sufficiency. Our program participants learn important life skills including stress management, goal and boundary setting, self-esteem building and more! Whether it is upgrading basic computer skills, creating a resume or actively engaging in job hunting, applying for employment and/or exploring volunteer opportunities in a selected occupation as experience for future employment, Pathways can assist. Pathways programs provide vocational opportunities for participants in an accessible, safe and non-judgemental community setting.

PATHWAYS PROGRAMS & SERVICES

STEPS Training and Employment Preparation Program (S.T.E.P.S.)

Since 2010, we have successfully provided our S.T.E.P.S. program to hundreds of clients impacted by addiction in York Region. Our S.T.E.P.S. classes are delivered from our fully equipped classroom at our Recovery Community Centre in Newmarket, ON. Returning to school or work, is a pivotal part of an individual's journey to recovery and self sufficiency. Our programs goal is to stabilize our clients' recovery by assisting them in developing a personal action plan which may include a return to the workforce, attending school/skill training programs, and/or community volunteering. Our program is supported and delivered in cooperation with York Region and provides motivated individuals a chance to connect with the Cornerstone to Recovery community and move towards gainful employment.



S.T.E.P.S. Program Curriculum

WEEK 1

- Day 1 Group Norms & Self – Disclosure
- Day 2 Life Skills- Goal Settings
- Day 3 Basics of Computers
- Day 4 Computer Training- Mavis Beacon
- Day 5 Life Skills- Problem Solving

WEEK 2

- Day 1 Life Skills – Values Assessment
- Day 2 Life Skills – Boundaries
- Day 3 Life Skills – Managing Stress
- Day 4 Computer Training – Microsoft Word
- Day 5 Life Skills – Self Esteem

WEEK 3

- Day 1 Personality Dimensions
- Day 2 PD Review & Career Dimensions
- Day 3 Learning Styles & Money Management
- Day 4 Computer Training – Microsoft Excel
- Day 5 Life Skills – Transferable Skills

WEEK 4

- Day 1 Resumes and Cover Letters
- Day 2 Finishing Resumes and Cover Letter
- Day 3 Job Search Techniques
- Day 4 Computer Training – Microsoft Power Point
- Day 5 Job Search Training

WEEK 5

- Day 1 Life Skills – Healthy Relationships in Recovery
- Day 2 Job Search Training
- Day 3 Interview Skills
- Day 4 Computer Training/Job Search
- Day 5 Mock Interviews & Job Search

WEEK 6

- Day 1 Life Skills – Conflict Resolution
- Day 2 Life Skills – Anger Management
- Day 3 Life Skills – Self Care
- Day 4 Computer Training/Job Search
- Day 5 Acupuncture & Closure

WHAT CAN YOU EXPECT FROM OUR S.T.E.P.S. PROGRAM?

- The S.T.E.P.S. program is 6 weeks long
- Sessions take place Monday through Fridays from 9:30-11:30 am
- New enrolments can occur up to two weeks after the start of new program, following that we recommend enrolment in the next program start date
- Our average group size is 10-15 people
- Transportation assistance is available if required
- Participants can be anywhere in their recovery journey however we do require participants to be sober during class hours
- There is no cost for the S.T.E.P.S. program and all materials are provided for session participants

2019 S.T.E.P.S. CLASS DATES

January 28th – March 8th

March 25th – May 3rd

May 13th – June 21st

July 8th – August 16th

September 2nd – October 11th

October 21st – November 29th