

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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KEY COMPONENTS

Recovery Education: Participants will receive in-depth education on addiction and recovery. This includes understanding triggers, coping strategies, and the importance of building a strong support network. This knowledge is vital for developing personalized ongoing care plans.

Life Skills Development: Participants will take part in targeted workshops focusing on practical skills needed for daily living and employment. These workshops cover resume writing, job search techniques, and digital literacy training, empowering participants to confidently re-enter the workforce.

Counseling Support: Individual and group counseling sessions are integrated into the program, providing a safe space to explore personal challenges, develop coping strategies, and receive guidance from trained professionals.

Introduction to Recovery Support Groups: Participants will be introduced to the 12-Step recovery model, including discussions on its principles and benefits. They will also have the opportunity to attend local 12-Step meetings, fostering a deeper understanding of this valuable support network.

Community Building: Through shared experiences and group activities, participants will cultivate meaningful connections with peers, fostering a sense of belonging and mutual support crucial for long-term recovery.

Wellness Activities: The program includes a variety of wellness activities such as yoga, meditation, circuit training and Acu-Detox. These activities are designed to enhance physical health, reduce stress, and improve mental well-being, helping participants develop healthier lifestyles.

2025 DAY PROGRAM CLASS DATES

February 10 – March 14

April 7 – May 9

May 26 – June 27

July 14 – August 15

September 2 – October 3

October 20 – November 21



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Day Program

Empowering Recovery



5-WEEK DAY RECOVERY PROGRAM

Our 5-Week Day Recovery Program is specifically tailored to provide a structured and supportive environment for individuals who are on the path to recovery from substance use disorders. This program is ideal for those who are unable to commit to residential programs due to personal obligations or circumstances. It is designed to comprehensively address the multifaceted challenges associated with recovery. Participants will not only gain essential life skills but also build strong community connections and promote holistic wellness while effectively managing their daily responsibilities. It serves as an effective alternative for individuals seeking a meaningful recovery and rehabilitation experience, no matter their stage of change.

HOW TO GET STARTED

If you're interested in learning more or would like to register for the next Day Program, we're here to help! Simply contact us to get started.

We also welcome professional referrals and are happy to collaborate with community partners to support your clients in their recovery journey.

Whether you're looking to join the Cornerstone to Recovery Day Program or need more information, our team is ready to assist you. Reach out today, and take the first step toward building a brighter future!

DAILY SCHEDULE

9AM TO 4PM

MORNING PATHWAYS PROGRAM

Participants engage in various workshops that focus on critical life skills such as:

- Values Assessment
- Boundaries
- Self Care
- Goal Setting
- Anger Management

Employment Skills: Resume writing, job search strategies, and interview preparation.

Self-Discovery: Activities designed to explore personal strengths and goals.

Computer Skills: Microsoft Office Suite

Housing Assistance: Resources and strategies for securing stable housing.

RECOVERY SUPPORT GROUP

Providing participants an opportunity to share experiences and foster peer connections.

LUNCH

RECOVERY CARE AND SUPPORT PROGRAM

This session focuses on Stage II recovery and covers crucial topics such as:

- Understanding addiction and recovery dynamics
- Developing safe planning strategies
- Identifying triggers and learning coping strategies
- Building a support network and strengthening relationships
- Creating an ongoing care plan to maintain progress after the program

WELLNESS ACTIVITY

Participants will engage in a variety of wellness activities designed to enhance physical and mental health, monitor mood, and promote emotional well-being.

- Yoga
- Stretch class
- Acu-detox (auricular acupuncture for relaxation)
- Meditation
- Circuit training

PATHWAYS

CURRICULUM

WEEK 1

- Day 1** Group Norms & Self – Identity
- Day 2** Life Skills Values Assessment & Goal Settings
- Day 3** Life Skills – Problem Solving
- Day 4** Life Skills – Managing Stress
- Day 5** Basics of Computers, Mavis Beacon

WEEK 2

- Day 1** Life Skills – Boundaries
- Day 2** Personality Dimensions
- Day 3** Career Dimensions & Learning Styles
- Day 4** Life Skill – Self Compassion
- Day 5** Computer Training – Microsoft Word

WEEK 3

- Day 1** Life Skills – Transferable Skills Action Plan
- Day 2** Resume and Cover Letters
- Day 3** Finishing Resumes and Cover Letters
- Day 4** Job Search Techniques & Job Search Training
- Day 5** Computer Training Microsoft Excel & Money Management

WEEK 4

- Day 1** Life Skills – Healthy Relationships in Recovery
- Day 2** Life Skills – Conflict Resolution
- Day 3** Interview Skills & Job Search Training
- Day 4** Mock Interviews & Job Search
- Day 5** Computer Training – Microsoft Power Point

WEEK 5

- Day 1** Life Skills – Anger Management
- Day 2** Life Skills – Relapse Prevention
- Day 3** Life Skills – Self Care
- Day 4** Computer Training / Job Search
- Day 5** Acupuncture – *Final Day*

ONGOING RECOVERY

CURRICULUM

WEEK 1

- Day 1** Personal Understanding of Addiction
- Day 2** Personal Understanding of Recovery
- Day 3** Recovery is the Goal – Session 1 (Stage II)
- Day 4** Recovery is the Goal – Session 2 (Stage II)
- Day 5** Safety Planning

WEEK 2

- Day 1** Self-defeating Learned Behaviours Session 1 (Stage II)
- Day 2** Self-defeating Learned Behaviours Session 2 (Stage II)
- Day 3** Introduction to Building a Support Network
- Day 4** Building a Support Network – Session 2
- Day 5** Self-Care in Recovery

WEEK 3

- Day 1** Habits – Session 1 (Stage II)
- Day 2** Habits – Session 2 (Stage II)
- Day 3** Change – Session 1 (Stage II)
- Day 4** Change – Session 2 (Stage II)
- Day 5** Personal Goals & Strategies

WEEK 4

- Day 1** Identifying Triggers
- Day 2** Coping Strategies
- Day 3** Working a Program – Session 1
- Day 4** Working a Program – Session 2
- Day 5** Personal Goals & Strategies

WEEK 5

- Day 1** Healthy Relationships – Session 1 (Stage II)
- Day 2** Healthy Relationships – Session 2 (Stage II)
- Day 3** Creating an Ongoing Care Plan
- Day 4** Peer Support & Community Engagement Adopting Service as a value
- Day 5** Celebrating Progress Reflecting on the last 5 weeks

