

The 5 Pillars of Cornerstone to Recovery



Pathways



Connections



Cornerstone
to recovery



Wellness



Residential



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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WHO IS OUR PROGRAM FOR?

Our program is suitable for men over 18 years who are willing to commit to the work of recovery within our community.

In addition, candidates for admission must demonstrate their willingness to:

Share responsibilities at both Kettleby Ranch and our Recovery Community Centre

Consent to random drug and/or alcohol testing

Do whatever it takes to stay sober and free from drug use

HOW DO ADMISSIONS HAPPEN AT KETTLEBY RANCH?

Admission to our Kettleby Ranch, 90-day residential program, starts with a referral, a phone call or in-person inquiry through our Recovery Community Centre in Newmarket, ON. While we often-times speak to family members, loved ones or referring agencies regarding our programs and services prior to admission, it is important that we speak to the potential residential candidate directly and determine their fit and suitability for our recovery program. When you call you will be provided with information about our residential program and as appropriate, we agree on a time to meet for an admissions assessment. This assessment will determine your eligibility for program admission. Those applicants who are not accepted are provided alternate options including community service referrals.

To book an assessment please call the Counsellor on duty at 289-716-9956

WHAT TO BRING TO THE KETTLEBY RANCH

Things to bring with you:

Clothing (indoor/outdoor) as appropriate to season.

Footwear (indoor/outdoor) as appropriate to the season.

Basic toiletries for your personal use.

APPROVED Prescription medications, vitamins and supplements in original containers.

Things to leave at home:

Cell phones or electronic devices.

Large amounts of cash.

Any products with alcohol content



Cornerstone
to recovery

Residential

KETTLEBY RANCH

Building Recovered
Lives



RESIDENTIAL MEN

Cornerstone's residential program, Kettleby Ranch, provides our community its home. Since 2010, our guests have come to discover the difference between a typical beginning, middle and end style treatment program, and what we create: an intentional, recovery community which has a beginning and a middle but no end. Kettleby Ranch, is a men's residential facility where the recovery journey begins. Originally conceived as a place to stay while getting back on their feet it has become so much more to so many. It is a focal point for our men's programming and a center of gravity for our alumni community. Our alumni community continues to grow each year as those who have passed through our doors continue to reach back, participate and support those who are just arriving. We believe this is accomplished through participation in our Work is Hope projects, the Pathways program, Sunday Night Campfire (seasonal) Meetings, Tuesday night alumni dinners and other 12 step meetings in the community. At the Kettleby Ranch, we welcome guests into our community where we share a new way of life that most of us deemed impossible before we started our recovery journeys.



OUR TEAM

Our counselling team at the Kettleby Ranch come from a wide variety of backgrounds and all have lived experience with addiction and 12 step recovery. Why lived experience? It provides our team with the compassion, empathy, and understanding of the addiction and recovery journey. In addition, each member of the Men's Counselling team, is a certified Counsellor. Our Counsellors also hold certifications such as Acupuncture Detoxification Specialists and Trauma Specialists. Our residential team use a client centred approach ensuring our guests and their families get the best our community has to offer.

KETTLEBY RANCH

Our rural, community home accommodates up to 10 adult men at one time, who together with our community, learn to recover emotionally, socially, spiritually and physically. Kettleby Ranch guests participate in our working ranch including property maintenance, group meals and community work which is essential to understanding the concept of community and self confidence through achievement. In addition, our residential guests are provided employment and job-seeking skills training to prepare them for successful employment as they transition out of the residential program. Our guest's time with us includes both individual and group counselling sessions, daily 12 step meetings and activities to build and support sobriety and overall health and wellness. Our goal for our guests is clear – we show people how to get active in their recovery and then encourage them to live their recovery by sharing their experience, strength and hope with others.



WHAT YOU WILL FIND AT OUR MEN'S RESIDENTIAL HOME

- 10 Private bedrooms on a rural property in Kettleby, ON
- All meals and transportation to program activities
- Large kitchen, dining and fitness areas
- Indoor and Outdoor meetings spaces
- Laundry facilities
- 20 acre working communal ranch
- Structured recreational and leisure activities
- Client-centered, holistic wellness services including: acupuncture, guided meditation
- Individual and group therapy sessions
- Access to daily meetings
- Family Counselling services
- Fellowship within a 12 Step community environment
- Fulfilling work, supportive sober community and life stabilizing experiences

