

## 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 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 Pathways Program. Upon graduation from this program, The Job Finding Club is offered on Tuesdays & Thursdays from 1:30pm – 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 Pathways 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.



Partly funded by  
The Regional Municipality of York



## Pathways



Recovery Day Program for  
Employment and  
Education Support



## PATHWAYS

Our Pathways program and Job Finding Club provides our clients with the opportunity to achieve their employment, education and recovery goals. Our program provides valuable tools and skills they need to sustain life in recovery.

The Pathways Program provides second stage recovery skills that are key to long-term recovery and 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

Since 2010, we have successfully provided our Pathways program to hundreds of clients impacted by addiction in York Region. Our Pathways programs 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.

### Pathways Program Curriculum

#### Week 1

- Day 1** Group Norms & Self - Disclosure
- Day 2** Life Skills- Values Assessment & Goals Setting
- 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 Skills – 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

**COVID 19 PROTOCOLS IN PLACE**

## WHAT CAN YOU EXPECT FROM OUR PATHWAYS PROGRAM?

- The Pathways program is 5 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 Pathways program and all materials are provided for session participants
- All graduates receive a 3 Month membership for Cornerstone Wellness upon successful completion of 5 week program

## 2023 PATHWAYS CLASS DATES

January 16 – February 17  
February 27 – March 31  
April 17 – May 19  
May 29 – June 30  
July 17 – August 18  
September 5 – October 6  
October 30 – December 1