

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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WHO IS OUR PROGRAM FOR?

Our program is suitable for women 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 The Garden 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 THE GARDEN?

Admission to The Garden, 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 705-790-6023

WHAT TO BRING TO THE GARDEN

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



Residential THE GARDEN



Where Your Journey Begins



RESIDENTIAL WOMEN

The Garden women's residential facility is open in Barrie and provides a much needed recovery opportunity for women 18+. Unlike the typical treatment program with its beginning, middle and end, The Garden is part of an intentional recovery community that has a beginning and a middle but no end. Modelled on the success of our long-running men's program, The Garden is the place where their recovery journey begins. Much more than just a place to stay while getting back on their feet, it is truly the start of a new way of life.

After completion, the Alumni of The Garden become part of an active, engaged community. After all, who better to support clients as they go through this process than someone who has been through it themselves? 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.

At The Garden, we welcome guests into our community where we share a new, fulfilling way of life that most had thought was impossible to achieve.



OUR TEAM

Our counselling team at The Garden 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 Women's Counselling team, is a certified Counsellor. Our Counsellors also hold certifications such as Acupuncture Detoxification Specialists and Trauma Specialists. Our residential team uses a client centred approach - ensuring our guests and their families get the best our community has to offer.



THE GARDEN

The Garden can accommodate up to 13 women at one time, with 10 treatment beds and 3 transitional beds. Together with our community, they learn to recover emotionally, socially, spiritually and physically. The Garden guests participate in 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 comprehensive 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 WOMEN'S RESIDENTIAL HOME

- 10 Private bedrooms, with a private bathroom.
- 3 larger, Transitional housing units for community reentry
- All meals and transportation to program activities
- Large kitchen, dining and community/meeting areas
- Rooftop garden with yoga space
- Laundry facilities
- 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