WHAT TYPE OF ACTIVITIES WILL YOU FIND AT CORNERSTONE WELLNESS?

At least one Wellness and one Fitness class per day

Wellness Classes include: Yoga, Meditation, Acupuncture Detoxification & more

Fitness Classes include: Circuit Training, Group Fitness, Kettlebell Training, 1-on-1 Personal Training

We are constantly updating our programming to keep our programming fresh; please see our online calendar or talk to staff about new and exciting monthly programming.

WHO IS OUR PROGRAM FOR?

Open to the public, our Wellness Centre is accessible to anyone wishing to use our space; we specialize in people experiencing or impacted by addiction and/or mental illness. An adult must accompany anyone under the age of 16

HOW CAN I GET STARTED?

Call or email us today to come in and sign up for a membership & get a tour!

Individual Membership is $10/month or $100/year.

Individual Membership + Sponsor a Member is $20/month or $200/year.

Cash, e-transfer, credit and debit are accepted.

We will never turn someone away if they cannot afford the membership, talk to us if you are interested in a sponsored membership.

The 5 Pillars of Cornerstone to Recovery

Pathways

Connections

Residential

Cornerstone to recovery

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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Cornerstone to recovery

Wellness

Body, Mind and Spirit

WELLNESS

Addiction is a physical, emotional and spiritual disease. Our approach to recovery requires we address all three. Opened in the spring of 2019, the Wellness Centre provides a welcoming, accessible facility with a wide variety of evidence-based programs aimed at improving physical, emotional and spiritual health as it relates to recovery from addiction and/or mental illness. Housed in our Recovery Community Centre, we offer a variety of daily, weekly and monthly classes, programs and workshops. These programs not only help our community move their bodies & minds, but also have fun, connect with others and build a healthy relationship with their body, mind & spirit in a supportive, community environment!

WHAT IS THE CONNECTION BETWEEN WELLNESS & RECOVERY?

Wellness activities helps individuals and families stabilize and improve all aspects of their health and wellbeing, which in-turn sustains and deepens one's recovery. To the right, you'll find some of the many benefits that regular exercise and wellness practices can have on your recovery and overall life.

Physical benefits:

- Reduction of cravings
- Improvement of general health including cardio, strength, joint health, mobility and flexibility
- Increased production & regulation of mood stabilizing brain chemicals such as dopamine and serotonin
- Reduction in sleep disorders and disturbances
- Supports the healing of the physical impacts of addiction and substance abuse

Emotional benefits:

- Fosters a healthy relationship and connection with one's body & movement
- Reducing instances and impacts of emotional triggers and trauma
- Improves self-esteem, self-worth & self-efficacy
- Reduction of boredom & isolation through socialization and teamwork
- Creates new, safe environments for families to communicate & heal together.
- Develops crucial life skills such as: resiliency, perseverance, goal setting & achievement, daily structure & organization, self-control & discipline

Spiritual benefits:

- Community reintegration & participation
- Increased mindfulness and connection to oneself and others
- Increased structure in daily spiritual practice
- Further development and diversification of personal spiritual practices

Our goal through our Wellness programs is to offer everyone in recovery these essential recovery supports in an affordable, accessible and fun way.

THE CORNERSTONE WELLNESS CENTRE

Fully equipped Wellness Centre including:

Yoga/Meditation Studio & Full Gym.

We have a wide range of equipment, including TRX for six people, cardio machines, barbells, free weights, yoga mats, blocks, and straps & more. There is something for everybody.

There are gendered and gender-neutral change rooms and washroom facilities.

Come to our comfortable community room with seating for post-workout relaxation and connecting.

Wellness resource table

A friendly, safe, non-judgmental atmosphere

OUR WELLNESS TEAM

Our Wellness team is made up of dedicated, therapeutic professionals from diverse social work, addictions, mental health, and athletic backgrounds, who provide programs aimed at making physical activity accessible, fun and specifically tailored to the unique needs of addiction recovery. We help individuals heal the impacts that addiction had on their health, and that of their families.

Interested in sponsoring the Wellness Centre? Check out our website or contact us today to discuss opportunities.