



60 Balmoral St.
Winnipeg, Manitoba
R3C 1X4

www.tamarackrecovery.org

Tamarack Recovery Centre Inc is a private, non-profit, federally registered charity providing residential abstinence based addiction treatment and recovery services in Winnipeg.

Tamarack Recovery Centre is Accredited with Exemplary Standing by Accreditation Canada.

connect

with

**forward
in
recovery**

*Tamarack Recovery Centre's
aftercare support program*

connect

with

You've worked hard to develop your recovery skills in the Tamarack program. We want to help you retain and strengthen these when you leave treatment.

*ongoing
free of charge
services for
program
graduates*

As a family member, partner or supportive friend, you have seen the worst and the best of someone you care about—struggling with them through tough times and celebrating with them as they achieve sobriety.

connect

We understand that recovery is a journey for you too and sometimes it can be stressful and exhausting.

- When you need help identifying the goals, choices and solutions that will support your new sober lifestyle, connect with the *Aftercare Coordinator for unlimited, individualised support.*
- When you need the support of your peers, connect with our *structured twice-weekly groups* for as long as you need.
- When you need to continue to work on deeply held issues or tackle new challenges, connect with three months of *free post-graduation counselling* with the same counsellor you worked with in treatment.
- When you need a safe space, healthy supports or someone to talk to who really understands what you're going through, connect with our *warm-line* or *drop-in services.*

*tailored,
sensitive and
practical
support for
families*

- When you need to know more, connect with *support and information* about the recovery process, self-care, and referrals to community support services.
- When you need compassion and space to share, acknowledge, and learn about issues important to you, connect with our *weekly sharing and learning sessions* held every Saturday at Tamarack.

Forward in Recovery provides the vital connection many graduate clients and their families need in order to maintain the momentum of recovery after treatment

- When you want to talk in private about your questions, concerns or support needs, connect with Joanne, our *Aftercare Coordinator, for guidance and support.*

email

aftercare@tamarackrecovery.org

call

**Joanne, Aftercare Coordinator
on 204 774 2750**