

Follow-up Support

After-care group counselling is available for a set period of time to men who have completed the program. Referrals can also be made to other agencies as needed.

History and Funding

174 King St. North was established in 1975 as a program of House of Friendship through funding from the Ontario Ministry of Community and Social Services. A second stage residence on Central St., Waterloo, was added in 1977. Funding for the program is currently provided by the Ontario Ministry of Health and Long-Term Care. There are no fees charged to participants in the program.

A Program of House of Friendship

174 King Street North is one of House of Friendship's Addiction Services. House of Friendship is a Christian, non-profit human service agency founded in 1939. It operates programs in the areas of Addiction Services, Community Services, Family Services and Residential Services. House of Friendship's mission is to serve low-income people in need of support and to promote opportunities for personal growth, wholesome relationships and community development through the application of holistic Christian principles. *All are welcome!*

"I want to see a mighty flood of justice, a torrent of doing good." Amos 5:24

Addiction is a Treatable Health Issue

House of Friendship Programs

Addiction Services	Community Services
Alcontrol 174 King Street North Moving Forward Bridges to Health	Appliance Repairs Christmas Hampers Emergency Food Hampers
Family Services	Residential Services
Community Centres Chandler Mowat Courtland Shelley Kingsdale Sunnydale	Charles St. Men's Hostel Kiwanis House Cramer House Eby Village Charles Village
Live and Learn Camp Sponsorship	

For Further Information Contact:

Intake Counsellor
174 King Street North

P.O. Box 128
Waterloo, ON N2J 3Z9

tel: 519-885-3330

fax: 519-885-3464

174king@houseoffriendship.org

www.houseoffriendship.org

Charitable Number: 10749 3892 RR0001

Affiliations:

House of Friendship is a member of the following provincial associations in the addiction treatment field:

- Addictions Ontario
- Ontario Federation of Community Mental Health & Addiction Programs

174 King Street North
Addiction Treatment Program



**a treatment program
for men addicted to
alcohol and/or other drugs**

174 King Street North
P.O. Box 128
Waterloo, ON N2J 3Z9
tel: 519-885-3330
fax: 519-885-3464



*Extending the hand of friendship
to our neighbors in need since 1939*

174 King Street North is...

A 15-bed community-based residential treatment program for men whose abuse of alcohol and/or other drugs puts them at high risk.

The program provides a supportive drug-free environment where participants can identify and address their lifestyle issues and build on their personal strengths.

The program is designed for men who are committed to making a lifestyle change, and believe they can benefit from participating in a group counseling program with a mutual-aid, cooperative-living focus.

The program is centrally located in the City of Waterloo.

What Participants Say

"Coming to 174 helped me realize that I have the freedom to make choices and that I could make good choices in my life."

"174 gave me the ability to change my core beliefs and to 'feel' again."

Confidentiality

House of Friendship policy restricts the release of any personal information about program participants to anyone outside the organization.

Program Overview

The program is 6-8 months long, depending on individual need.

Participants are provided the opportunity to learn about themselves and others, change destructive behaviour and become more confident about their ability to live without the use of alcohol and/or drugs. Complete abstinence is required.

Program objectives are addressed through:

- individual counselling;
- group learning;
- small group counselling;
- leisure and recreational activities;
- peer support and accountability that comes through living in a treatment community 24 hours a day;
- household tasks;
- vocational and re-entry planning.

Throughout the program, participants regularly review their goals and progress through structured written assessments. Participants attend two Alcoholics Anonymous (A.A.) or Narcotics Anonymous (N.A.) groups per week



Admission

To be considered for admission applicants are required to complete the Standardized Assessment Tools and fax them to the 174 office at 519-885-3464.

If residential treatment is recommended a screening interview can be arranged by calling the Intake Counsellor.

Given the length of the program, men with outstanding legal charges or medical issues must have those dealt with before admission is offered.

Because the program operates on a peer support model, we are not able to accommodate men who require 24-hour-a-day monitoring and support.

Program Phases

Assessment (2-3 weeks) - Assesses the appropriateness of the program to the applicant's need. Following the assessment the individual is accepted or referred to a more suitable program.

Phase 1 (8 weeks) - identifies issues and sets goals to address them.

Phase 2 (8 weeks) - begins to address issues and develops new coping strategies through individual and group counselling.

Phase 3 (3 weeks) - the program continues at a second-stage residence nearby where the transition to independent living begins.

Phase 4 (5 weeks) - continues with individual counselling but the focus shifts to vocational goals and preparation for re-entry into the community.