

History and Funding

In 2007, a vision of offering a wider range of services to women who are facing substance use-related challenges was realized when a pilot two-week day program was completed by 15 women. Based on participant feedback, we learned that it would be beneficial to have this type of program running on a regular basis to enable more women to access treatment, and recovery, earlier.

There are no fees charged to participants in the Bridges to Health Program. Funding is provided by the Waterloo Region/Wellington Local Health Integration Network (WWLHIN)

A Program of House of Friendship

House of Friendship is a charitable human service agency founded in 1939. It operates programs in the areas of Addiction, Community, Family and Residential Services (please see back panel).

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!*

Bridges to Health serves women of all income levels.

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:

Bridges to Health

208 King Street South
Waterloo, ON N2J 1P9

tel: 519-957-5000

fax: 519-957-5002

bridgestohealth@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

03/09



Bridges to Health

A day treatment program for women concerned about their alcohol and/or drug use

208 King Street South
Waterloo, ON N2J 1P9
tel: 519-957-5000
fax: 519-957-5002



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

Bridges to Health is ...

- An innovative two-week Day Treatment program that welcomes adult women who are concerned about their substance use.
- A program that supports the use of a holistic health focus, emphasizing the importance of nurturing mind, body and spirit when recovering from substance use and maintaining a healthy lifestyle.
- Full and half-day wellness workshops are also available to women with substance use concerns.
- The Bridges to Health office is located at 208 King Street South, Waterloo (pictured below). The program will be offered at various satellite locations throughout Waterloo Region and Wellington County in order to better meet the needs of women in our communities.

***"There is always hope,
even in situations of
adversity"***



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

Program Services

- Strategies for maintaining a safe environment thereby increasing potential to achieve treatment goals
- The use of relaxation techniques and evidence-based research regarding why these techniques are so important for women who are changing their alcohol and/or drug use. Included in this will be opportunities to receive professional massage, reiki treatments and to participate in yoga
- Mindfulness meditation as well as the role of meditation readings and journaling in deliberately maintaining a balance of mind, body and soul
- Group sessions include:
 - * Boundaries
 - * Coping with cravings
 - * Communication styles
 - * Family experiences
 - * Self-esteem
 - * Nutrition
 - * Mindfulness meditation
 - * Anger management
 - * Spirituality
 - * And more!

***"Substance abuse is a
treatable health issue"***

Confidentiality

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

Eligibility Criteria

To be eligible for the Bridges to Health Day Program you must be:

- An adult woman who is considering making positive/healthy changes to her use of drugs and/or alcohol.
- Be able to participate in a day program from Monday to Friday for two weeks.

How To Apply

You can attend a monthly information session where you will receive more information about the program and the admission process and ask questions you may have OR you can contact us at tel: 519-957-5000 or by email: bridgestohealth@houseoffriendship.org
Inquires are welcome.

Addiction Services

Bridges to Health is one of the House of Friendship's Addiction Services Programs. Services are open to any member of the public, and include residential programs.