

History and Funding

- In 2001, specialized services for women who are pregnant and/or parenting children 0-6 years of age, became available through the Moving Forward Program.
- The Moving Forward program is located across the street from Alcontrol, a residential treatment program for women, also operated by House of Friendship.
- There are no fees charged to participants in the Moving Forward Program. Funding is provided by the Waterloo Wellington Local Health Integrated Network (WWLHIN).

A Program of House of Friendship

- Moving Forward is one of House of Friendship's Addiction Services Programs open to any member of the public.
- House of Friendship is a Christian charitable human service agency founded in 1939. It operates programs in the areas of Addiction Services, Community Services, Family Services 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.

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

House of Friendship Programs

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

For further information contact:

Moving Forward Program

208 King Street South
Waterloo, ON N2J 1P9

Phone: 519-957-5000 ext. 223

Fax: 519-957-5002

E-mail: aspw@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

10/08

Moving Forward



services for pregnant and parenting women involved with alcohol and/or other drugs

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Fax: 519-957-5002

A Program of



House of Friendship

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

Moving Forward is ...

- a community-based program that provides specialized services for women with substance use concerns who are pregnant and/or parenting children six years of age and younger.
- a program with two distinct services: community and outpatient services; and, residential treatment services (see next two panels).

Eligibility Criteria

- To be eligible for the Moving Forward Program you must be an adult woman who is pregnant and/or parenting a child six years of age or younger and concerned about your use of alcohol and/or other drugs, or be in recovery from substance use.
- The residential treatment bed is a resource to pregnant women throughout Ontario who require residential treatment.

Assessments And Referrals

- Substance abuse assessments are completed for any pregnant woman in Waterloo Region, Wellington or Dufferin Counties, within 48 business hours of the initial contact using the substance abuse screening tools required by the Ministry of Health and Long Term Care to access Ontario's addiction services.
- Referrals to other addiction services or community agencies are made based on the woman's goals and need for service.
- Inquires are always welcome.

Confidentiality

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

Community & Outpatient Services

The following services are provided:

- Individual counselling - supportive counselling to examine issues related to substance use and recovery.
- Moms in Recovery (Skill Building Group) - examines topics such as the recovering parent, teaching children life-skills, self-care, communication, discipline and child development.
- Moms in Recovery (Support Group) - an ongoing support group for parenting women where they can bring issues and questions for group discussion.
- Information about substance use and other community resources for women, families and children.
- On-site supervised childcare and assistance with transportation are provided if needed.
- Outreach services are provided on a limited basis to women in the Region of Waterloo.



Residential Treatment Services

- One bed at Alcontrol, a residential treatment program for women, is allocated to a pregnant woman in the Moving Forward Program.
- Pregnant women in the residential treatment bed receive specialized services. Length of stay is 3-12 weeks (depending on 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.
- Treatment objectives are addressed through:
 - *women's wellness group*
 - *relapse prevention group*
 - *drug and alcohol education group*
 - *anger management group*
 - *self-esteem group*
 - *communication skills group*
 - *relationships group*
 - *family issues group*
 - *spirituality group*
 - *personal goal setting*
 - *individual counselling*
 - *small group counselling*
 - *peer support*
 - *residential treatment milieu*
 - *participation in community AA/NA groups*
 - *moms in recovery group*
 - *leisure and recreational activities*
 - *household tasks*
 - *medical evaluation and follow-up*
- Participants regularly review their goals and progress.