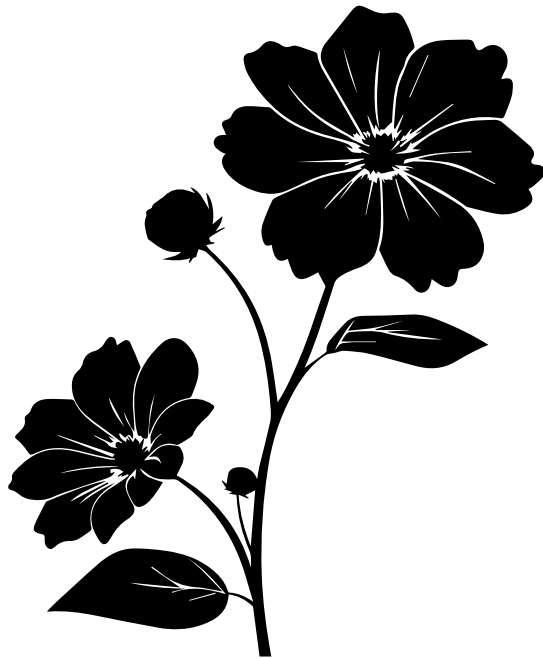


**SOBER OR NOT,
YOU MATTER.**



GETTING CONNECTED

A GUIDE TO DETOX, TREATMENT,
ADDICTION MEDICINE, HARM REDUCTION, & RECOVERY
SUPPORTS IN CALGARY & SURROUNDING AREA



HELPING YOU UNDERSTAND WHAT'S AVAILABLE SO YOU CAN MAKE INFORMED CHOICES

ABOUT THIS GUIDE

This guide was created to help people navigate substance use-related supports in Calgary and the surrounding area. It brings together information on detox programs, treatment and recovery programs, transitional housing, harm reduction services, recovery communities, counselling, outreach programs, and other resources that may be helpful at different stages of a person's journey.

Where possible, this guide includes not only publicly available information about each service, but also practical insights and tips shared by people who work within these programs and people who have accessed them. These "insider" perspectives are intended to help provide a more realistic understanding of what to expect, how intake processes work, and what may make a program a good fit for different folks.

Every effort has been made to ensure the information in this guide is accurate and up to date. However, services, eligibility criteria, funding, waitlists, intake processes, and program availability can change quick. Some information may become outdated, and there may be programs or resources that have been unintentionally missed.

This guide is not intended to endorse or discourage any particular service. Instead, it's meant to provide information that can help people make informed decisions about the supports that feel right for them.

If you notice any errors, outdated information, missing services, or have additional insights that may improve future versions of this guide, please email streetcatsyyc@gmail.com

Community knowledge and collaboration are what make resources like this possible, and we want your feedback!

OTHER SERVICES THAT CAN PROVIDE HARM REDUCTION SUPPLIES

CUPS CALGARY SOCIETY

1001 10 Ave SW - (403)221-8780

• Monday - Friday: 8:30 AM - 11:45 PM, 12:45 PM - 3:00 PM

SMART PHARMA (SMART CLINIC BASEMENT PHARMACY)

1116 Centre St N - (403)769-9575

• Monday - Friday: 9:00 AM - 5:00 PM

INGLEWOOD OPPORTUNITY HUB

1008 14 St SE - (403)774-1674

• Monday - Friday: 8:30 AM - 4:30 PM

CJHS GORDAN SAND BUILDING

4502 Builders Rd SE - (403)266-4566

• Monday - Friday: 8:30 AM - 4:30 PM

EAST CALGARY HEALTH CENTRE

4715 8 Ave SE - (403)955-1000

• Monday - Friday: 8:30 AM - 9:00 PM

• Saturday & Sunday: 8:00 AM - 8:00 PM

CJHS WINDSOR PARK

405 52 Ave SW - (403)668-5230

• 24/7 - NO BUBBLES - RIGS & STRAIGHTS AVAILABLE

HARM REDUCTION OUTREACH GROUPS

STREET CATS YYC

(403)907-3817 - Instagram: @street.cats.yyc

Grassroots, peer-led, harm reduction group. Walking the streets downtown every

- Wednesday night from 7:30 PM - late/supplies run out

STREET SISTERS SOCIETY

Instagram: @streetsisterssociety

Volunteer run, non-profit organization doing street-level outreach every

- Monday night from 6:00 - 9:00 PM in the Mission/Beltline area
- Thursdays from 6:00 - 9:00 PM in Forest Lawn.

Support is offered to everyone but specializes in support for women.

BETHECHANGEYYC

(587)224-9114 - Instagram: @bethechangeyyc

Providing emergency supplies, food, clothing and hygiene, light medical care, system navigation and advocacy, and program referral every

- Tuesday, Wednesday & Sunday from 4:45 - 9:00 PM
- Saturday from 2:00 - 6:00 PM

THE TABLE YYC

Instagram: @thetable.yyc

Mutual aid group providing community members with a hot meal, harm reduction supplies, and basic necessities, every

- Sunday in Central Memorial Park from 12:00 - 2:00 PM

BISON CLAN YYC

(587)416-7171 - Instagram: @bisonclanyyc

Outreach, harm reduction, community & education in the Downtown/Beltline, every

- Second Saturday at 4:00 PM starting at Sunalta LRT Station
- Schedule posted monthly on their Instagram

THE ALEX STREET TEAM

(587)874-5943

- Outreach in the Sunalta area on Monday & Friday mornings
- The SORCe on Wednesday - Friday: 9:00AM - 4:00PM
- East Side Victory Church on Thursdays: 12:00 - 2:00PM
- Central Outreach Hub on Tuesdays: 10:30AM - 12:30PM

SIKSIKA OUTREACH - WALKING THE WOLF TRAIL

(403)235-6893

Cultural reconnection outreach unit that helps Siksika people experiencing homelessness navigate both on and off reserve services while staying connected to their cultural identity

- Mobile outreach on Monday, Wednesday, & Friday from 1:00 - 4:00 PM
- Central United Church on Tuesday & Thursday: 10:00 AM - 12:00 PM

UNDERSTANDING DETOX

Detox is the process of allowing your body to clear substances while managing any withdrawal symptoms that might happen when use is reduced or stopped.

Withdrawal can range from uncomfortable to life-threatening depending on the substance, how long you've been using, how much you've used, and your overall health. Common withdrawal symptoms can include anxiety, sweating, nausea, vomiting, diarrhea, insomnia, muscle aches, agitation, depression, cravings, and other physical or emotional symptoms.

WHAT IS A MEDICAL DETOX?

A medical detox provides healthcare support during withdrawal. Medical staff will monitor your health, provide meds to reduce withdrawal symptoms, and respond to any complications that come up. Medical detox is most commonly used for people withdrawing from substances like:

- Alcohol
- Opioids (fentanyl, heroin, morphine, oxycodone, etc.)
- Stimulants (meth, cocaine, crack, etc.)
- Benzos (Ativan, Xanax, Valium, clonazepam, etc.)

For some substances, particularly alcohol and benzos, withdrawal can be dangerous and, in some cases, life-threatening without medical supervision.

WHAT ABOUT GAMBLING, SEX, GAMING, OR OTHER BEHAVIORAL DEPENDENCIES?

People experiencing behavioral dependencies might still experience intense cravings, anxiety, depression, irritability, sleep disturbances, and other challenges when changing their behaviors. But, because these don't involve physical dependence on a substance, they don't typically require medical detoxification.

Support is usually provided through counselling, treatment programs, peer support, support groups, and other mental health services.

DETOX IS NOT TREATMENT

Detox and treatment are often connected, but they're not the same thing.

Detox focuses on safely managing withdrawal and helping you through the immediate physical effects of stopping or reducing substance use. Most detox stays last anywhere from a few days to a couple of weeks, depending on the program and your individual needs.

Treatment focuses on longer-term goals such as understanding substance use patterns, developing coping skills, addressing mental health concerns, building healthy routines, strengthening support networks, and working toward your personal recovery goals.

Lots of people access treatment after detox, but not everyone! Some might access detox multiple times before pursuing treatment, while some people choose harm reduction, counselling, medication-assisted treatment, peer support, or other pathways instead.

RECOVERY LOOKS DIFFERENT FOR EVERYONE!

There is no single "right" way to reduce or stop your use. Some people pursue abstinence-based recovery, while others focus on reducing harms, improving quality of life, stabilizing their substance use, or accessing medications that help manage cravings and withdrawal.

People access detox for so many different reasons. Some are looking to stop using completely. Some want a break from substances, to lower their tolerance, or to give their body a chance to rest. Some are preparing to enter treatment, supportive housing, or another program. Others might be attending because a healthcare provider, family member, court, child welfare worker, employer, or other service has encouraged or required them to do so.

Whatever the reason, people deserve support, dignity, and access to care. Recovery isn't linear, and needing support more than once is common. Every step toward increased safety, stability, and wellbeing, is awesome!

MOMS STOP THE HARM

1(866)355-MSTH(6784)

ABOUT

Moms Stop the Harm (MSTH) is a network of Canadian families impacted by substance-use-related harms and deaths.

SUPPORT PHONE LINE

Moms Stop the Harm offers a national peer support phone line – a safe and confidential space for anyone impacted by substance use or loss due to overdose. When you call, you'll be met with understanding, non-judgmental support, and connection with trained peers who truly understand this journey because they've lived it. Whether you're a parent, family member, or friend supporting someone who uses substances, or you're navigating the profound grief that follows loss, you don't have to face it alone.

PHONE LINE HOURS

- Thursdays and Fridays: 3:00-9:00 PM PT / 5:00-11:00 PM CT / 6:00 PM-12:00 AM ET

TEXT

Text services provide non-judgmental emotional support via online SMS texting services, as well as community resource links. All text conversations are confidential; your privacy is important. The support line offers access nationwide via text or phone. Volunteers have the right to terminate a texting session if obscene or abusive language is directed at them.

Text Etiquette

1. Agree to the terms of texting.
2. Abide by the rules of text etiquette.
 - Use respectful language.
 - Remain focused on the texting session and respond quickly. Keep multi-tasking to a minimum.
 - If you need to stop texting, let the volunteer know or close the text. You can always initiate another texting session later.

WHAT TO EXPECT WHEN YOU TEXT OR CALL

- A compassionate ear and space to talk openly without judgment.
- Connection to MSTH programs, including:
 - **Healing Hearts** – a bereavement group for those grieving a loved one lost to substance use or overdose.
 - **Holding Hope** – a support network for those with loved ones currently using or in recovery.
- Referrals to local resources and services, as available in your area.
- Confidential, peer-based support from trained volunteers who understand the unique challenges of substance use and grief.

SUPPORT FOR FRIENDS, FAMILY, & LOVED ONES

AL-ANON

(403)266-5850

ABOUT

AL-Anon is a free peer support program for family members, partners, friends, and loved ones who have been affected by someone else's drinking. AL-Anon is based on the understanding that alcohol use can affect entire families and support systems, not just the person who drinks. The program provides a safe, confidential space where people can connect with others who understand the challenges of living with or caring about someone with an alcohol problem.

SERVICES OFFERED

- In-person meetings and online and virtual meetings
- Peer support from people with similar experiences
- Literature and educational resources, and sponsorship opportunities
- Alateen meetings for youth affected by someone else's drinking

WHAT AL-ANON FOCUSES ON

- Unlike programs designed to help someone stop drinking, AL-Anon focuses on supporting the wellbeing of the family member or loved one:
 - Healthy boundaries, self-care and coping strategies
 - How to reduce feelings of guilt, anger, and isolation
 - How to stop trying to control another person's drinking
 - How to focus on their own recovery and wellbeing

INTAKE

No referral is required. Anyone whose life has been affected by someone else's drinking is welcome to attend. Meetings are available in-person and online throughout Alberta. Participants can attend as many meetings as they like and are welcome to simply listen if they are not comfortable sharing.

GOOD FOR PEOPLE WHO

- Have a partner, family member, or friend who drinks
- Feel stressed, overwhelmed, angry, or isolated because of someone else's alcohol use
- Are struggling with setting boundaries
- Want support from others who understand their situation
- Have a loved one who is still drinking or in recovery
- Want to focus on their own wellbeing rather than trying to change someone else's behavior

RENFREW RECOVERY CENTRE

1611 Remington Rd NW - (403)297-3337

Renfrew Recovery Centre is a medically supported detoxification facility for adults experiencing withdrawal from alcohol or drugs. The program provides 24-hour nursing and medical support to help people safely manage withdrawal symptoms and stabilize before returning home, entering treatment, accessing housing, or pursuing other recovery goals.

ABOUT

- Typical stay is 5-7 days - may vary depending on individual needs
- Length of stay varies depending on medical needs and discharge planning
- Physician support, addiction counsellors, and Suboxone nurses
- Treatment and housing applications and referrals
- Renfrew is a tobacco-free facility. Nicotine replacements are available

INTAKE

- **Walk-In** (first-come, first-served basis)
 - Everyday at 7:00 AM
 - Recommended arrival time is between 6:15 AM and 7:00 AM
- **Booking a bed in advance**
 - Call (403)297-3337 and select Ext. 2
 - Leave your name, callback number, and state you'd like to book a bed
 - Renfrew staff must speak directly with the person wanting detox before confirming admission
 - For support workers, select Ext. 3 to speak directly with Renfrew staff (also an option for folks who don't have a callback number)

Folks taking prescribed meds should bring them to admission, especially meds for diabetes, heart conditions, or seizure disorders.

ALPHA HOUSE DETOX & TRANSITIONAL BED PROGRAM

203 15 Ave SE - (403)234-7388 Ext. 2

Alpha House provides short-term withdrawal management, stabilization, and recovery planning support for adults experiencing substance use concerns. The program offers a low-barrier alternative to hospital-based detox services and supports, as well as transitional beds that help bridge the gap between homelessness and longer-term supports.

ABOUT

- Typical stay is 5-7 days - may vary depending on individual needs
- Transitional beds may be available for folks requiring additional support while awaiting treatment or housing
- Smoking is permitted

INTAKE

- Admission requires completion of an assessment
 - Assessments are offered twice daily: 8:00am and 3:00pm
 - Assessments can be completed in person or over the phone

Alpha House places a strong emphasis on housing, healthcare, and long-term stabilization. The program can be particularly helpful for folks experiencing both substance use concerns and homelessness, as staff can assist with treatment referrals, housing applications, healthcare connections, and ongoing recovery planning while in the program.

DROP-IN CENTRE WITHDRAWAL MANAGEMENT & TRANSITION PROGRAM

1 Dermot Baldwin Way SE - (403)699-8236

The Drop-In Centre provides medically supported withdrawal management, stabilization, and recovery planning for adults experiencing substance use concerns. In addition, it also offers Recovery Transition beds for folks who've completed detox and are waiting to enter treatment, secure housing, or continue working toward recovery goals.

ABOUT

- **Withdrawal Management Program**
 - Typical stay is 5-10 days - may vary depending on individual needs
 - Smoking is permitted
- **Recovery Transition Program**
 - Available for folks who've successfully completed detox
 - Transitional stays of up to 3 months
 - Focuses on housing stability, treatment engagement, and recovery goal attainment

INTAKE

- 7 days/week: 7:00am - 9:30am
- Individuals can present directly to the Drop-In Centre entrance gate and speak with the guards to request an intake assessment

5. RECOVERY DHARMA

sangha@recoverydharma.org

ABOUT

Recovery Dharma is a free, peer-led recovery support program that uses Buddhist principles, meditation, mindfulness, and community support to help people recover from addiction and addictive behaviours. The program is open to anyone seeking freedom from addiction, regardless of religious background, and does not require participants to identify as Buddhist. Recovery Dharma supports recovery from a wide range of addictions and compulsive behaviours, including substance use, gambling, technology use, relationships, and other behaviours that create suffering in a person's life.

THE RECOVERY DHARMA PRACTICE

- **Recovery Dharma is built around several core practices:**
 - Recovery through mindfulness and meditation
 - Community support through meetings and "sangha" (recovery community)
 - Self-reflection and personal inquiry
 - Studying Buddhist teachings such as the Four Noble Truths and Eightfold Path
 - Building healthy relationships and recovery supports, personal growth and continued learning

SERVICES OFFERED

- In-person meetings and online meetings
- Guided meditation, recovery-focused discussion groups, and book study groups
- Peer support and mentorship, and recovery literature and resources
- Family & Friends meetings for loved ones affected by addiction

INTAKE

No referral is required. Participants can attend meetings directly. Hundreds of online, hybrid, and in-person meetings are available worldwide through the Recovery Dharma meeting directory.

GOOD TO KNOW

Recovery Dharma differs from programs like AA, NA, and CA in that it doesn't use the 12 Steps, sponsorship model, or labels such as "alcoholic" or "addict." Instead, it focuses on mindfulness, compassion, meditation, and understanding the causes of suffering as pathways to recovery. Participants are encouraged to determine their own recovery goals and practices.

Recovery Dharma may be particularly appealing to people who enjoy meditation, mindfulness practices, or who are looking for a recovery community that is spiritual without being tied to a specific religion or higher power concept.

3. NARCOTICS ANONYMOUS (NA)

24/7 Phoneline: 1(877)463-3537

ABOUT

Narcotics Anonymous (NA) is a free, peer-led recovery fellowship for people recovering from drug addiction. NA focuses on recovery from all drugs rather than any specific substance.

Meetings provide mutual support, sponsorship, recovery literature, and opportunities to connect with others who understand the challenges of addiction and recovery.

SERVICES OFFERED

- Daily meetings throughout Calgary and virtual meetings
- Sponsorship, speaker meetings, newcomer meetings, and recovery literature

INTAKE

No referral is required. Participants can attend any open meeting. Visit the website for current meeting schedules.

4. SMART RECOVERY

(403)619-4210

ABOUT

SMART Recovery (Self-Management and Recovery Training) is a free, evidence-based mutual support program for people seeking change around substance use, gambling, and other addictive or problematic behaviours. Meetings are facilitated by trained volunteers and focus on building practical skills for recovery, rather than following a 12-Step model. SMART Recovery is secular, stigma-free, and emphasizes self-empowerment and personal choice.

SERVICES OFFERED

- In-person and virtual meetings
- Recovery skill-building and problem-solving
- Goal setting, action planning, craving management tools, recovery worksheets and resources
- Family & Friends meetings for loved ones affected by someone else's substance use or addictive behaviours

INTAKE

No referral is required. Participants can attend meetings directly by registering through the SMART Recovery Canada meeting finder. Meetings are free, and handbooks are not required to participate.

UNDERSTANDING TREATMENT

Treatment is a structured service that helps you explore and change your relationship with substances, and focuses on longer-term goals and support. Treatment programs vary widely, but many include a combination of individual counselling, group sessions, education, skill-building, peer support, recreation, cultural programming, and support for mental health and wellness. Programs address topics such as coping skills, trauma, relationships, emotional regulation, relapse prevention, communication, self-esteem, grief, and life planning.

DO I NEED TO GO TO DETOX BEFORE TREATMENT?

Usually, yes - but not always.

Most treatment programs require you to complete detox before admission. This is because treatment is generally focused on longer-term recovery goals rather than managing acute withdrawal symptoms. Some treatment centres also have detox services attached to or integrated with their programs, allowing you to transition directly from detox into treatment.

Because requirements vary between programs, it's always a good idea to ask about eligibility, substance use policies, medication policies, and admission requirements before applying.

OUTPATIENT VS. INPATIENT (RESIDENTIAL) TREATMENT

Treatment programs generally fall into one of two categories:

Outpatient treatment and inpatient (residential) treatment.

Outpatient treatment allows you to continue living at home or in the community while attending scheduled appointments, groups, counselling sessions, or other programming. Depending on the program, this may involve a few hours per week or several hours per day. Outpatient treatment can be a good option if you want support while maintaining responsibilities such as work, school, caregiving, housing, or other commitments.

Inpatient or residential treatment involves living at the treatment facility for a set period of time, often ranging from a few weeks to several months. Participants typically follow a structured daily schedule that includes counselling, group sessions, educational programming, recreation, cultural activities, peer support, and wellness activities. Residential treatment can provide additional structure and support by temporarily removing some of the stressors, triggers, and distractions of day-to-day life.

Neither option is inherently "better" than the other. The right fit depends on your goals, support system, living situation, health needs, responsibilities, and personal preferences.

WHY DO PEOPLE GO TO TREATMENT?

So many reasons!

Maybe you want to stop using substances completely. Or you want to better understand your substance use or develop healthier coping strategies. Maybe you're looking for structure, support, community, or a fresh start.

Some people enter treatment feeling highly motivated and ready for change. Others are unsure if treatment is the right fit or what they want their future relationship with substances to look like.

Both experiences are common and valid.

TREATMENT SHOULD BE A TOOL, NOT A TEST

Treatment is not a measure of your worth, commitment, or success.

Completing treatment doesn't guarantee that you'll never use substances again, and returning to substance use after treatment doesn't mean the experience was a failure.

Many people find treatment helpful. Others find support through harm reduction services, peer support, counselling, medication-assisted treatment, cultural connection, recovery communities, housing, or a combination of different approaches. What works for one person may not work for you.

2. ALCOHOLICS ANONYMOUS (AA)

(403)777-1212

ABOUT

Alcoholics Anonymous (AA) is a free, peer-led recovery program for individuals who want to stop drinking or maintain recovery from alcohol use. Meetings provide mutual support, accountability, and opportunities to connect with others who have lived experience with alcohol addiction and recovery. AA is based on a 12-Step recovery model and is one of the most widely available recovery support programs in the world.

SERVICES OFFERED

- Daily meetings throughout Calgary
- In-person and virtual meetings
- Sponsorship and mentorship, and recovery literature
- Speaker meetings, beginner meetings, and specialized meetings (women, men, LGBTQ2S+, young people, etc.)

INTAKE

No referral is required. People can attend any open meeting. Visit the website for meeting schedules and locations.

GOOD TO KNOW

People can attend simply to listen. There is no requirement to speak, identify themselves, or commit to the program during their first meeting.

3. COCAINE ANONYMOUS (CA)

24-Hour Helpline: 1(866)332-2322

ABOUT

Cocaine Anonymous (CA) is a free 12-Step recovery fellowship for people seeking recovery from cocaine and other mind-altering substances. While originally focused on cocaine use, many members attend for recovery from a variety of substances. Meetings provide peer support, recovery education, sponsorship, and community connection.

SERVICES OFFERED

- In-person and virtual meetings, sponsorship, recovery literature, speaker meetings, and newcomer meeting

INTAKE

No referral is required. Visit the website or call the helpline for meeting information and support.

INTAKE

No referral is required. People can register online 24 hours a day, by phone Monday-Friday, or by submitting an intake form by email or fax. After registration, clients are matched with a counsellor and contacted to schedule their first appointment. The Centre aims to connect people with services quickly and does not maintain a traditional waitlist.

HOURS

- Registration Phone Line: Monday-Friday: 9:00 AM - 4:00 PM
- Counselling Appointments: Available weekdays, evenings, and Saturdays.

COST

Fees are based on a sliding scale according to household income and ability to pay. No one is turned away because of financial barriers. Some extended health benefit plans may cover part or all of the cost.

RECOVERY SUPPORT / PEER SUPPORT

1. RECOVERY COLLEGE (403)297-1402

ABOUT

Recovery College Calgary is a free educational program offered through the Canadian Mental Health Association (CMHA) Calgary. It provides short-term courses, workshops, and discussion groups designed to help people build skills, knowledge, confidence, and resilience related to mental health, substance use, and overall wellness. Courses focus on learning rather than treatment and are open to anyone interested in improving their wellbeing or supporting someone else's recovery.

INTAKE

Registration is completed online.

GOOD FOR PEOPLE WHO

- Want support but aren't interested in formal treatment
- Are early in recovery
- Want to build coping and wellness skills
- Are supporting a loved one with mental health or substance use concerns
- Want to connect with others in a supportive learning environment

RESIDENTIAL TREATMENT

MEN'S ONLY

1. CALGARY DREAM CENTRE MEN'S RECOVERY SERVICES

4510 Macleod Trl SW - (403)243-5598

ABOUT

Calgary Dream Centre is a faith-based residential addiction recovery program for men 18+ experiencing substance use concerns. The program combines evidence-informed recovery practices, individual case management, counselling, life skills development, vocational programming, peer support, and spiritual development within a supportive recovery community. Participants live on-site throughout treatment and receive accommodations, meals, and recovery supports.

PROGRAM LENGTH

- 90-day residential live-in recovery program
- Full-time on-site participation required
- Transitional housing may be available following successful completion of program

INTAKE

- Complete an online application or attend a walk-in interview
 - Walk-In Interviews: Tuesdays and Thursdays from 8:00 AM - 12:00 PM

ELIGIBILITY

- Men aged 18+
- Must be willing to participate in a faith-based residential recovery program
- Minimum 5 days free from alcohol and other substances prior to admission
- Drug screening is completed during intake

GOOD FOR PEOPLE WHO

- Want a structured residential recovery program
- Are interested in a faith-based approach
- Benefit from routine, accountability, and community support
- Want support developing life skills and vocational skills
- Need stable housing while focusing on recovery
- Are looking for transitional housing options following treatment

2. RECOVERY ACRES SOCIETY - 1835 HOUSE

1835 27 Ave SW - (403)245-1196

ABOUT

1835 House is a provincially funded men's residential addiction treatment program operated by Recovery Acres Calgary Society (RACS). The program provides intensive addiction treatment, counselling, education, and peer support in a structured recovery environment.

PROGRAM LENGTH

- **Phase One - Residential Treatment**
 - 42-day live-in treatment program
 - 24-hour support and counselling
 - Full immersion in the recovery environment
- **Phase Two - Extended Residential Recovery**
 - Optional continuation after Phase One
 - Clients seek employment or return to work
 - Continued participation in treatment programming and counselling
- **Phase Three - Transitional Recovery Housing**
 - For clients who completed treatment but aren't ready for independent living
 - Continued counselling, meetings, and recovery supports while transitioning back into the community

INTAKE

Contact by phone, email, or website, and complete a brief intake screening

ELIGIBILITY

- Men 18+
- Minimum 5 days free from mind-altering substances before intake interview
- Able to commit to treatment requirements
- No court dates scheduled during treatment
- Extended stay clients must be able to work full-time after completing the initial 42-day program

GOOD FOR PEOPLE WHO

- Want a structured residential treatment program
- Are interested in a 12-Step approach
- Would benefit from longer-term recovery supports beyond treatment
- Need help with employment, housing, and community reintegration

COUNSELLING & CONTINUING CARE

1. FRESH START RECOVERY CENTRE - COMMUNITY COUNSELLING

411 41 Ave NE - (403)387-6266

ABOUT

Fresh Start offers outpatient recovery supports for men, as well as support services for families impacted by addiction. Fresh Start's approach is based on the 12-Step model and focuses on long-term recovery, accountability, community connection, and personal growth.

INTAKE

Contact Fresh Start directly. Staff can provide information about available outpatient, family, alumni, and community support services and help determine which programs may be appropriate. Staff are available 24/7 to answer calls and discuss available supports.

2. AVENTA - COMMUNITY & CONTINUING CARE PROGRAMS

610 25 Ave SW - (403)245-9050

ABOUT

Aventa offers community-based and continuing care supports for women recovering from substance use and gambling concerns. Services are trauma-informed, gender-specific, and concurrent capable, meaning they support women experiencing both addiction and mental health concerns. Their approach focuses on the relationship between trauma, mental health, addiction, relationships, self-esteem, sexuality, and spirituality.

INTAKE

Contact Aventa directly to discuss available community and continuing care programs and determine eligibility.

3. CALGARY COUNSELLING CENTRE - ADDICTION COUNSELLING

1000, 105 12 Ave SE - (833)827-4229

ABOUT

Calgary Counselling Centre provides professional counselling services for individuals, couples, families, children, and youth experiencing a wide range of concerns, including substance use, addiction, mental health challenges, trauma, grief, relationship issues, stress, anxiety, depression, and life transitions. Services are available in-person and online.

HOURS

- Monday - Sunday: 8:00 AM - 8:00 PM

SERVICES OFFERED

- Same-day OAT starts when appropriate and ongoing OAT management
- Medical follow-up and prescription management
- Counselling and treatment planning
- HIV and hepatitis screening referrals
- Connections to pharmacies, healthcare providers, treatment programs, and community supports
- Support transitioning from hospital, detox, correctional facilities, or other treatment settings

ELIGIBILITY

- Alberta residents experiencing opioid use disorder
- People interested in starting or continuing opioid agonist treatment
- People who don't have access to addiction medicine services in their community
- People requiring short-term or ongoing opioid dependency care

INTAKE

- Individuals can self-refer by calling the program directly
- Referrals from healthcare providers, hospitals, detox programs, correctional facilities, and community agencies are accepted
- Same-day appointments may be available
- Services are delivered primarily by phone and virtual technology

GOOD FOR PEOPLE WHO

- Want to start OAT quickly
- Live in rural or remote communities
- Do not currently have an addiction medicine provider
- Need support after leaving detox, hospital, treatment, or corrections
- Prefer accessing care virtually
- Have transportation, mobility, childcare, or scheduling barriers that make attending in-person appointments difficult

GOOD TO KNOW

VODP serves communities throughout Alberta and can often help people access treatment much faster than traditional referral pathways. Because appointments are delivered virtually, people can receive addiction medicine support from home, a shelter, a treatment facility, a correctional setting, or anywhere else they can safely access a phone. The program can provide both short-term stabilization and ongoing care depending on a person's needs.

3. SIMON HOUSE

5819 Bowness Rd NW - (403)247-2050

ABOUT

Simon House is a men's residential addiction recovery program that's been serving Calgary since 1982. The program supports men experiencing alcohol and drug addiction through a structured residential treatment environment focused on long-term recovery, accountability, counselling, peer support, and community connection. Simon House combines traditional 12-Step recovery with additional recovery pathways.

PROGRAM LENGTH

- Active Treatment Program**
 - 12-week (84-day) live-in residential treatment program
 - Full-time participation required
 - Men reside on-site throughout treatment
- Extended Recovery & Aftercare**
 - Residential supports may continue beyond active treatment
 - Long-term mentorship and alumni supports available
 - Recovery housing and community reintegration supports available for eligible participants

INTAKE

- Call and complete an initial phone assessment
- Attend an in-person interview if appropriate

ELIGIBILITY

- Men aged 18+
- Minimum 72 hours free from mood-altering substances before admission
- Drug screening completed prior to entry
- Individuals prescribed Methadone or Suboxone may be eligible for admission through the Medication Assisted Recovery Program

GOOD FOR PEOPLE WHO

- Want a structured residential treatment program
- Prefer a men's-only recovery environment
- Interested in a 12-Step approach but appreciate additional recovery pathways
- Want long-term recovery support beyond treatment
- Benefit from peer mentorship and community accountability
- Are receiving Suboxone or Methadone and want residential treatment support

4. FRESH START RECOVERY

411 41 Ave NE - (403)387-6266

ABOUT

Fresh Start offers a live-in recovery program for men focused on long-term addiction recovery, structure, peer support, life skills, relapse prevention, counselling, community connection, and 12-Step recovery principles. Programming is approximately 90 days (14-16 weeks) in length and includes group work, one-on-one support, physical wellness activities, and aftercare/community support.

PROGRAM LENGTH

- Residential treatment program: approximately 90 days (14-16 weeks)
- Live-in treatment and long-term recovery-oriented approach
- Recovery-oriented housing available following treatment

INTAKE

All intakes are completed over the phone. Staff complete an intake assessment and assist with navigating barriers to treatment. Once placed on the waitlist, clients are expected to check in daily to remain active on the list. Bed dates are provided when space becomes available.

ELIGIBILITY

- Men aged 18+
- Must complete a minimum 5-day detox prior to admission
- Must be willing to commit to the full 90-day program
- Must participate in a residential recovery environment
- Daily waitlist check-ins required while awaiting admission

5. ENVIROS WILDERNESS SCHOOL ASSOCIATION -

SHUNDA CREEK RECOVERY CENTRE

3115 12 St NE #220 - (403)826-3692

ABOUT

Shunda Creek Recovery Centre is Alberta's only publicly funded wilderness-based residential addiction treatment program for young adult men. Operated by Enviros in partnership with Recovery Alberta, the program combines addiction treatment, mental health support, adventure therapy, family involvement, and Indigenous land-based teachings in a remote mountain setting. The program is specifically designed for young men and focuses on building healthy coping skills, emotional wellness, accountability, self-awareness, and long-term recovery.

1. OPIOID DEPENDENCY PROGRAM (ODP)

1213 4 ST SW, 8 floor - (403)955-3600

ABOUT

ODP provides medication-assisted treatment for opioid use disorder. The program supports people who use fentanyl, heroin, morphine, hydromorphone, oxycodone, and other opioids.

HOURS

- Monday - Saturday: 7:00am - 7:00pm

INTAKE

- Walk-in intake is available daily. Referrals can also be made by healthcare providers, outreach workers, emergency departments, Recovery Alberta services, and community agencies.

2. CUPS OPIOID AGONIST TREATMENT (OAT)

1001 10 Ave SW, 2nd Floor (Triage Desk 2) - (403)206-1062

ABOUT

The CUPS Program provides integrated primary healthcare, addiction treatment, and recovery supports for people experiencing opioid use disorder. The program helps individuals stabilize their health, manage withdrawal symptoms, reduce overdose risk, and work toward their personal recovery goals.

HOURS

- Monday - Friday: 8:30am - 3:00pm

INTAKE

- Walk-in appointments are available
- Referrals from healthcare providers and community agencies are accepted
- Client consent is required for referrals
- External referral forms are available through CUPS

3. VIRTUAL OPIOID DEPENDENCY PROGRAM (VODP)

Alberta-Wide Virtual Service - 1(844)383-7688

ABOUT

The VODP provides virtual addiction medicine services for folks who use opioids anywhere in Alberta. Using phone and virtual appointments, VODP helps people start and maintain opioid agonist treatment, manage withdrawal symptoms, reduce overdose risk, and access ongoing medical and recovery supports.

VODP reduces barriers to care, particularly for people who don't have access to an addiction medicine provider in their community or who need support quickly.

IS OAT REPLACING ONE DRUG WITH ANOTHER?

No! This is a common misconception.

While some OAT medications are opioids, they're prescribed in known doses and monitored by healthcare providers. The goal isn't to create intoxication, but to reduce withdrawal symptoms, cravings, overdose risk, and the harms associated with an unregulated drug supply. Many people describe OAT as helping them feel "normal" rather than high, allowing them to focus on other areas of their life.

DO I HAVE TO STOP USING OTHER SUBSTANCES TO ACCESS OAT?

Not necessarily.

Many OAT programs follow a harm reduction approach and recognize that change happens differently for everyone. Some people continue to use substances while starting OAT, while others reduce or stop their use over time. Program expectations vary, so it's always a good idea to ask about specific policies and requirements.

IS OAT RECOVERY?

For some people, yes!

Recovery looks different for everyone. Some people use OAT as a short-term tool while working toward abstinence. Others remain on OAT for many years or indefinitely. There's no "correct" length of time to stay on OAT, and stopping medication too early can increase the risk of relapse and overdose.

The goal of OAT is not simply to stop drug use. The goal is to help people stay alive, improve their wellbeing, and support them in achieving the goals that matter most to them.

PROGRAM LENGTH

- 12-week live-in residential treatment program - 18-bed facility
- Located in the foothills west of Rocky Mountain House
- Participants live on-site for the duration of treatment
- Dedicated alumni and aftercare program available following completion

PROGRAM COMPONENTS

- **Wilderness activities**
 - Hiking and backpacking
 - Canoeing and rock climbing
 - Mountain excursions
 - Cycling
 - Multi-day wilderness camping trips
- **Pre-Treatment Program**
 - Once accepted, participants are enrolled in a pre-treatment support program while waiting for admission. The program includes:
 - Online group sessions
 - Weekly individual sessions with a therapist
 - Ongoing recovery support and connection
 - Participants are expected to attend two online group sessions and one individual session per week while awaiting admission.
- **Aftercare & Alumni Program**
 - Following treatment, participants can access:
 - Online alumni support
 - In-person alumni events
 - Wilderness outings and activities
 - Peer mentorship
 - Ongoing recovery community connection

INTAKE

- Complete the Shunda Creek application package and submit to the Intake Coordinator by email or fax
- If accepted, participants are enrolled in the pre-treatment support program while awaiting admission

ELIGIBILITY

- Alberta resident with a valid Personal Health Number
- Men aged 18-26
- Minimum 5 days free from alcohol and drugs prior to admission
- Physically able to participate in wilderness activities
- Stable on medications prior to admission
- Able to participate in a group environment
- Able to make an informed decision regarding treatment participation
- Tobacco and vape-free facility (Nicotine Replacement Therapy available)

WOMEN'S ONLY

1. RECOVERY ACRES SOCIETY - 1839 HOUSE

1835 27 Ave SW - (403)245-1196

ABOUT

1839 House is the women's residential addiction treatment program operated by Recovery Acres Calgary Society. The program provides gender-specific addiction treatment in a supportive recovery environment and follows the same recovery model as 1835 House while addressing the unique needs of women in recovery.

PROGRAM LENGTH

- **Phase One - Residential Treatment**
 - 42-day live-in treatment program
 - 24-hour counselling and support
 - Intensive recovery-focused programming
- **Phase Two - Extended Residential Recovery**
 - Continued recovery programming following treatment completion
 - Gradual transition back into employment and community living
- **Phase Three - Transitional Recovery Housing**
 - Supportive recovery housing for women requiring additional stability before independent living
 - Ongoing counselling and recovery supports available

INTAKE

Contact by phone, email, or online, and complete a intake screening

ELIGIBILITY

- Women 18+
- Experiencing substance use concerns
- Minimum 5 days free from mind-altering substances before intake interview
- No pending court dates during treatment period

GOOD FOR PEOPLE WHO

- Prefer a women-only treatment environment
- Want a structured residential recovery program
- Are interested in a 12-Step recovery approach
- Would benefit from longer-term recovery housing and supports
- Want support transitioning back into work and community living

UNDERSTANDING OPIOID ANTAGONIST TREATMENT (OAT)

OAT is a medical treatment used to support people who use opioids such as fentanyl, heroin, morphine, hydromorphone, oxycodone, or other opioids.

OAT medications help reduce withdrawal symptoms and cravings, making it easier for people to stabilize their lives and reduce the risks associated with the toxic and unpredictable drug supply. For many people, OAT is an important tool for preventing overdose, improving physical and mental health, maintaining housing and employment, reconnecting with family and community, and working toward their personal goals.

COMMON OAT MEDICATIONS

Methadone

- A long-acting opioid medication that helps prevent withdrawal and reduce cravings.
- Typically taken once daily.
- Has been used safely and effectively for decades.

Suboxone (Buprenorphine)

- Helps reduce cravings and withdrawal symptoms while carrying a lower risk of overdose than many other opioids.
- Often considered a first-line treatment option for many people.
- Available in tablet or film form that dissolves under the tongue.

Sublocade

- An extended-release form of buprenorphine administered as a monthly injection.
- Can be a good option for people who do not want to take medication every day.

Kadian (Slow-Release Oral Morphine)

- A long-acting morphine medication sometimes used when other OAT options have not been effective or are not a good fit.

There may be other medication options available depending on a person's needs, health history, and treatment goals.

2. THE ALEX COMMUNITY HEALTH CENTRE - RAPID ACCESS

ADDICTION MEDICINE (RAAM)

102, 2840 2 Ave SE - (403)277-9869

ABOUT

The Alex RAAM is a low-barrier walk-in clinic that helps people reduce or stop substance use through addiction medicine, counselling, harm reduction education, and ongoing support. The clinic is designed to provide immediate support and then connect people to longer-term services when they're ready.

HOURS

- Clinic Hours: Monday-Friday, 9:00am - 4:00pm
- Walk-In Hours: 9:00am - 11:00am
- Phone Intakes: 1:00pm - 3:00pm
- Virtual walk-ins available in the afternoons

SERVICES OFFERED

- Addiction medicine assessments
- Medications for alcohol and opioid use disorders
- Withdrawal management support
- Individual counselling and group support
- Safer use education
- Referrals to treatment and community resources
- Long-term care planning and connections to other Alex programs

INTAKE

- No referral required
- Walk-in, phone intake, or virtual intake
- Open to all ages

GOOD FOR PEOPLE WHO

- Need support quickly and prefer a community-based setting
- Want counselling and medical support in one place
- Are looking for harm reduction-focused care
- Need help connecting to housing, health, or social supports through The Alex network

2. AVENTA

610 25 Ave SW - (403)245-9050

ABOUT

Aventa is a women-only residential addiction treatment centre that provides trauma-informed, gender-specific, concurrent-capable addiction treatment for women experiencing substance use and mental health concerns. The program is designed specifically around the unique experiences of women and focuses on healing from addiction, trauma, mental health challenges, and unhealthy relationships in a safe and supportive environment.

PROGRAM OPTIONS

- **Short-Term Residential Program**
 - 7-week (49-day) intensive live-in treatment program
 - Individual and group counselling
 - Focuses on four core areas: Self, Relationships, Sexuality, and Spirituality
- **Young Adult Treatment Program (YAT)**
 - 3-month residential program designed specifically for women ages 18-24
 - Trauma-informed and developmentally focused
 - Includes life skills, recreation, family counselling, and recovery support
- **Extended Care Program**
 - 12-14 week residential treatment stream
 - Available for women requiring additional support following completion of primary treatment
 - Focuses on strengthening recovery skills and preparing for long-term recovery
- **Continuing Care Program**
 - Ongoing recovery support following discharge
 - Helps women maintain recovery and stay connected to community supports

INTAKE

Complete an online application or submit a paper application by email, fax, or mail, or call Aventa to confirm receipt of the application and complete an assessment appointment by phone, video, or in person.

ELIGIBILITY

- Women aged 18+
- Seeking support for substance use and addictive behaviours
- Concurrent mental health concerns are welcome
- Pregnant women receive priority admission
- Women receiving Methadone, Suboxone, Naltrexone, or other opioid agonist treatments may be eligible for admission

3. ALCOVE

1937 42 Ave SW - (587)576-3512

ABOUT

Alcove is a long-term residential recovery program for women experiencing addiction, mental health distress, trauma, family violence, and histories of abuse. Operating since 1972, Alcove provides a safe, home-like treatment environment where women can focus on healing and recovery while receiving professional counselling and support. One of Alcove's unique features is its Family Treatment Program, which allows mothers to attend treatment with children under six years old.

PROGRAM OPTIONS

- **Individual Residential Treatment Program**
 - 12-week live-in residential treatment program
 - Structured, intensive recovery programming
 - Shared accommodations and meals provided
 - Professional on-site counselling and support throughout treatment
- **Family Treatment Program**
 - 12-week residential treatment program
 - Women who are pregnant or have children under six can attend treatment with their children
 - Includes the core treatment curriculum plus:
 - Parenting education
 - Parent-child relationship rebuilding
 - Family-focused recovery supports
 - Cooking and household skills development
- **Online Recovery Program**
 - For women waiting to enter residential treatment
 - For women transitioning back into the community after treatment
 - For women unsure whether residential treatment is right for them
 - Includes professional counselling, recovery coaching, group sessions, and individual support

INTAKE

Complete an application form through the Alcove website, or contact admissions for intake support and questions.

ELIGIBILITY

- Women aged 18+
- Minimum 5 days clean and sober prior to admission
- Must abstain from alcohol, drugs, and gambling before admission
- Must be emotionally and physically capable of participating in treatment
- Women with children under six may be eligible for the Family Treatment Program

WHAT IS ADDICTION MEDICINE?

Addiction Medicine is a specialized area of healthcare focused on the prevention, assessment, and treatment of substance use disorders. Addiction medicine clinics can provide medications, withdrawal management support, treatment referrals, counselling, healthcare services, and ongoing medical follow-up for people who use substances.

1. RECOVERY ALBERTA - RAPID ACCESS ADDICTION MEDICINE (RAAM)

707 10 Avenue SW, 3 floor - (403)367-5000

ABOUT

Recovery Alberta RAAM provides a comprehensive physician- and addiction counsellor-led program for people experiencing substance use or behavioural addiction concerns. The program combines medical treatment with counselling and more structured outpatient addiction services.

HOURS

- Monday - Thursday: 8:00am - 9:00pm
- Friday: 8:00am - 5:00pm

SERVICES OFFERED

- Addiction medicine physicians and addiction counsellors
- Withdrawal management support and medications for substance use disorders
- Individual counselling and group treatment programming
- Relapse prevention support
- Family support services
- Referrals to residential treatment and connections to Recovery Alberta services

INTAKE

- Walk-ins and referrals accepted
- Appointments not required but may be arranged

GOOD TO KNOW

RAAM is often one of the fastest ways to access addiction medicine services in Calgary and can be a useful first step for people who aren't ready for residential treatment.

One of the major differences between this RAAM Clinic and The Alex RAAM clinic is that this clinic is connected to Adult Addiction Services, which offers a broader range of outpatient treatment options.

2. SUNRISE HEALING LODGE - OUTPATIENT PROGRAM

1231 34 Ave NE - (403)261-7921

ABOUT

Sunrise Healing Lodge offers Indigenous-focused outpatient addiction treatment that combines recovery programming with Indigenous cultural teachings, ceremonies, Elder support, spiritual wellness, counselling, relapse prevention, and community connection. Services are open to people from all backgrounds and support individuals experiencing concerns related to substance use and gambling.

PROGRAMMING

- **13-Week Program:** Includes participation in psychoeducational groups, community 12-Step meetings, and a Family Counselling Program (no EAGLE/CROW Program).
- **4-Week Condensed Program:** Focuses on 12-Steps (no Family Counselling Program, or EAGLE/CROW Program).

INTAKE

Intakes for the Outpatient Program are completed by appointment with the Outpatient Counsellor. For more information or to arrange an intake appointment, contact the Outpatient Counsellor at (403)261-7921 ext. 125.

HOURS

Monday - Friday: 9:00am - 3:30pm

GOOD FOR PEOPLE WHO

- Want culturally grounded supports and have interest in Indigenous healing approaches
- Prefer outpatient treatment while remaining connected to community

CO-ED

1. CLARESHOLM CENTRE FOR MENTAL HEALTH & ADDICTIONS

PO Box 490, 139 - 43 Avenue West Claresholm - (403)943-1500

ABOUT

The Claresholm Centre is a specialized inpatient treatment facility providing long-term addiction and mental health treatment for adults experiencing substance use disorders, mental health concerns, or both. The centre uses a multidisciplinary approach and offers several treatment streams designed to support recovery, rehabilitation, and successful transition back into the community. The facility has 108 inpatient beds and an outpatient Community Support Services program that provides follow-up support after discharge.

PROGRAM OPTIONS

- **Concurrent Disorders Program**
 - For individuals experiencing both substance use and mental health concerns
 - Integrated treatment addressing addiction and mental health simultaneously
- **Active Rehabilitation Program**
 - Focuses on recovery, rehabilitation, skill development, and increasing independence
 - Supports individuals working toward greater stability and community reintegration
- **Extended Psychiatric Rehabilitation Program**
 - Long-term rehabilitation and support for individuals with significant mental health needs
- **Transitions Program**
 - Focuses on preparing individuals for successful return to community living
 - Includes discharge planning, community connection, and ongoing support planning

INTAKE

Referrals are typically made through Recovery Alberta Addiction & Mental Health Services, healthcare providers, psychiatrists, or other treatment professionals. Admission is based on assessment of mental health, addiction, medical, and rehabilitation needs. Individuals interested in the program can contact Recovery Alberta or local Addiction & Mental Health Services for referral information.

GOOD TO KNOW

Claresholm is different from most residential addiction treatment programs in Alberta, and provides a high level of mental health and psychiatric support and specializes in treating individuals with complex mental health and concurrent substance use concerns.

2. LANDER TREATMENT CENTRE

221 Fairway Drive Claresholm - (403)625-1395

ABOUT

Lander Treatment Centre is a publicly funded, co-ed residential addiction treatment facility that provides an intensive short-term residential treatment program for adults experiencing concerns related to alcohol, other drugs, tobacco, and gambling. Lander is one of Alberta's largest publicly funded addiction treatment facilities, with 48 residential treatment beds.

PROGRAM LENGTH

- Approximately 18-24 days of intensive residential treatment
- Standard treatment stream is approximately 4 weeks
- Length of stay may be adjusted based on individual recovery goals and treatment needs

INTAKE

Individuals can self-refer by completing an Addiction Treatment Application or by contacting admissions directly. A telephone assessment is completed to determine suitability for treatment and admission requirements. Individuals requiring medical detoxification prior to treatment may be referred to a detoxification program before admission.

ELIGIBILITY

- Adults 18+
- Experiencing concerns related to alcohol, drugs, tobacco, or gambling
- Must be abstinent from alcohol and other drugs prior to admission (required detox time is determined during intake)
- Must not have acute medical or psychiatric concerns that would interfere with participation
- Must be willing to abstain from tobacco for the duration of treatment (nicotine replacement therapy is available)

GOOD TO KNOW

Lander is a tobacco-free facility, which makes it somewhat unique among Alberta treatment programs. Nicotine replacement products are available to support participants during treatment. The program also offers Indigenous-focused and gender-specific treatment opportunities and places a strong emphasis on relapse prevention, healthy coping skills, and discharge planning to support long-term recovery after treatment.

INTENSIVE OUTPATIENT / DAY TREATMENT PROGRAMS

1. SIMON HOUSE - NEW LEAF HOLISTIC RECOVERY

5875 Bowness Road NW - (403)247-2050

ABOUT

New Leaf is a co-ed intensive outpatient/day treatment program operated by Simon House Recovery Centre. The program is designed for individuals seeking structured addiction treatment while continuing to live in the community. The program combines addiction recovery, counselling, life skills development, wellness practices, and peer support in a structured daytime setting. Participants attend programming during the day and return home in the evenings.

PROGRAMMING

- 12-week, co-ed, community-based intensive day treatment program
- Group therapy and individual counselling
- Financial literacy education
- Meal preparation and nutrition skills
- Resume building and employment readiness
- Experiential learning opportunities
- Expressive arts programming
- Yoga and mindfulness practices

INTAKE

Contact Simon House directly to discuss eligibility, program requirements, and intake availability.

GOOD FOR PEOPLE WHO

- Want more structure than weekly counselling
- Need addiction treatment but cannot attend residential treatment
- Want to remain connected to family, work, or housing while receiving treatment
- Are interested in holistic wellness approaches alongside recovery support
- Would benefit from life skills, employment, and recovery programming

6. OXFORD HOUSE (TRANSITIONAL HOUSING)

221 62 Ave SE #220 - (403)214-2046

ABOUT

Oxford House provides peer-supported sober living and transitional recovery housing for adults recovering from substance use. Unlike residential treatment programs, Oxford House does not provide formal counselling or addiction treatment. Instead, it offers stable, substance-free housing where residents support one another in maintaining recovery and rebuilding independent living skills. Residents share responsibility for running the house, paying rent, maintaining sobriety, and supporting one another's recovery goals.

PROGRAM OPTIONS

- **Pre-Treatment Housing**
 - For individuals waiting to enter addiction treatment
 - Provides stable recovery-focused housing while awaiting admission
- **Post-Treatment Housing**
 - For individuals who have recently completed treatment
 - Supports transition back into the community while maintaining recovery
- **Women's Recovery Housing**
 - Women-only recovery homes available in Calgary

INTAKE

Applications can be completed online or by contacting Oxford House directly. Intake includes screening for housing suitability, recovery goals, and program eligibility.

ELIGIBILITY

- Adults in recovery from substance use
- Participation in house responsibilities expected
- Post-treatment applicants generally require completion of treatment within the past year and a minimum period of sobriety

GOOD FOR PEOPLE WHO

- Need stable housing while waiting for treatment
- Recently completed treatment and want a recovery-focused living environment
- Benefit from peer accountability and support and are rebuilding independent living skills

GOOD TO KNOW

Oxford House is housing, not treatment. Many residents participate in counselling, AA, NA, SMART Recovery, ODP, RAAM, or other recovery supports while living in the program.

3. SUNRISE HEALING LODGE

1231 34 Ave NE - (403)261-7921

ABOUT

Sunrise Healing Lodge Society is an Indigenous-led addiction treatment centre that has been providing addiction recovery services since 1974. The program combines Indigenous cultural teachings, ceremonies, spirituality, and healing practices with the 12-Step model of recovery. While rooted in Indigenous culture, Sunrise welcomes people from all cultural and ethnic backgrounds and provides programming in an inclusive environment for men, women, Two-Spirit, non-binary, and gender-diverse individuals.

PROGRAM LENGTH

- **14-Week Residential Treatment Program**
 - Co-ed residential treatment program
 - Live-in treatment environment
 - Structured daily programming
 - Cultural and spiritual healing integrated throughout treatment
 - Family counselling incorporated into programming

SPECIALIZED PROGRAMMING

- **EAGLE Group**
 - Women's anger healing program
 - Explores the roots of anger and healthy emotional expression
- **CROW Group**
 - Men's anger healing program
 - Focuses on healthy responses to anger and relationship dynamics
- **Family Counselling Program**
 - Included as part of the inpatient program
 - Supports healing & relationship rebuilding between clients and their families

INTAKE

Complete inpatient application & medical form and submit by email, fax, or in person.

ELIGIBILITY

- Must be 18 years of age or older
- Must be free from alcohol, drugs, and gambling for a minimum of 72 hours prior to admission
- Must be stable on mood-altering medications for at least four weeks before admission - No new mood-altering medications permitted during treatment
- Family members cannot attend treatment simultaneously
- Couples and romantic relationships are not permitted during treatment

4. TEEN CHALLENGE CANADA

Alberta Men's Centre: Priddis, AB | Alberta Women's Centre: Near Red Deer
1(888)322-4184

ABOUT

Teen Challenge Canada is a **long-term**, faith-based residential addiction recovery program for adults experiencing substance addiction. Teen Challenge offers a **12-month live-in program** that focuses on addiction recovery, life skills development, personal growth, counselling, community living, work experience, and spiritual development. The program combines evidence-based addiction treatment approaches with Christian faith-based teachings and is designed for individuals seeking long-term recovery support.

PROGRAM LENGTH

- 12-month live-in treatment, long-term recovery model
- Separate men's and women's centres

INTAKE

Applications can be completed online through the Teen Challenge website. Following submission, an Admissions Coordinator contacts applicants to review eligibility and discuss next steps. Acceptance is based on meeting admission requirements and program suitability.

ELIGIBILITY

- Must be 18 years of age or older
- Must have a life-controlling substance use concern
- Must be willing to commit to a 12-month program
- Must be willing to participate in a faith-based program
- Must be physically able to participate in regular activities
- Cannot have outstanding warrants and cannot be on parole

GOOD TO KNOW

Teen Challenge is significantly longer than most residential treatment programs in Alberta, which typically range from 6-16 weeks. The program places a strong emphasis on community living, structure, accountability, and Christian faith. Participants do not need to identify as Christian, but they must be willing to participate in a faith-based recovery environment.

5. POUNDMAKER'S LODGE TREATMENT CENTRE - EDMONTON

25108 Poundmaker Road, St. Albert, AB - (780)458-1884

ABOUT

Poundmaker's Lodge is an Indigenous-led addiction and mental health treatment centre located near Edmonton. Established in 1973, the program combines First Nations, Métis, and Inuit cultural teachings, ceremonies, and spirituality with evidence-based addiction treatment and 12-Step recovery principles. While rooted in Indigenous culture, services are open to people from all backgrounds.

PROGRAM OPTIONS

- **42-Day Adult Residential Treatment Program**
 - Residential treatment for adults 18+
 - Open to men and women
 - Combines Indigenous cultural healing practices with addiction treatment, counselling, education, and recovery planning
 - Includes group therapy, recovery education, recreational therapy, cultural teachings, and aftercare planning
- **90-Day Young Adult Residential Treatment Program**
 - Designed for Alberta residents ages 18-24
 - Combines addiction treatment with experiential learning, life skills development, outdoor activities, and cultural programming
 - Activities may include hiking, camping, canoeing, cultural camps, and other experiential learning opportunities
- **Medical Detox Program**
 - On-site medically supported withdrawal management available prior to treatment when needed
- **Iskwew Healing Lodge**
 - Women's aftercare and transitional housing program for women who have completed treatment and are continuing their recovery journey

INTAKE

Applications can be downloaded from the Poundmaker's Lodge website and submitted by email or fax to the admissions department. Intake occurs weekly, with new admissions typically occurring on Wednesdays.

ELIGIBILITY

- Must be at least 18 years old - Young Adult Program is limited to Alberta residents ages 18-24
- Must be free from alcohol and other mood-altering substances for at least 72 hours prior to admission
- Legal, medical, and social matters should be addressed prior to admission
- Open to men and women, and people with concurrent mental health concerns