

Our House

Supportive Recovery Centre

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94 15th Street East, Prince Albert

www.ywcaprincealbert.ca

Shelter Services and Addictions and Mental Health Programming

Our House Supportive Recovery Centre is home to three distinct programs that cater to individuals who are in recovery from addictions, who are having a mental health crisis, or women in crisis needing shelter and support.

A sober living environment is crucial to the success of program participants, therefore alcohol and illegal drugs are not permitted on the property.

Women in Crisis

The Women in Crisis program houses up to twelve women in shared accommodations in a sober living environment. Healthy meals, dedicated staff, and programming are designed to address a variety of issues that led to the crisis scenario.

Pre-Treatment and Post-Treatment Recovery Program

The Pre-Treatment and Post-Treatment program has eight spaces for individuals seeking a safe place to live while waiting to get into an in-patient treatment facility or for individuals who need a safe place to enhance their recovery after they have completed in-patient treatment. Operating in a peer-supported community, intense mandatory programming is led by qualified addiction and mental health workers and support staff, which gives those who choose lifestyle changes a high chance of success.

Our House Intensive Program

The Our House Intensive program provides support and on-site counselling in a single-room-style residence for up to six individuals living with mental health disorders. The goal of this program is to be a transition step to less-intensive services that exist in the community. The program is geared toward individuals who are in an inpatient facility and are ready to transition to the community but still require a high level of support.





Available Services

Services

Our House Supportive Recovery Centre provides a variety of services to cater to the needs of those living in the facility.

- Twenty-four-hour staff support.
- Professional counsellor on-site.
- Sober living environment.
- Client-centered programming specifically for trauma, addictions, mental health issues, and more.
- Life skills training.
- Meals served daily.
- Peer-supported environment.
- Individual or shared living arrangements.
- Kitchen facilities.
- Laundry facilities.
- Medication lock-up.
- Licensed Practical Nurses on staff.
- Referrals to other community programs and resources.
- Resume-building and employment assistance.

