

Dignity House might be a good support for you if:

- You recently completed a treatment program of at least 60 days and are committed to staying sober and working on your recovery.
- You recognize that healing and recovery require time and are devoted to prioritizing your well-being.
- You have the drive to seek resources, engage in group and individual therapies, and can provide a reference letter confirming your readiness for supported independent sober living.
- You are excited about focusing on your recovery by establishing a daily routine that includes physical fitness, personal growth, self-care, acquiring new skills, and taking care of household responsibilities.
- You possess essential life skills like budgeting, cleaning, cooking, and yard work needed for independent living.
- You have your own cell phone and can independently navigate the city using public transportation or other means.
- Your religious beliefs may vary, but you are open to exploring or discussing Christian faith.
- You are willing to participate in Dignity House support groups and activities.
- You have no work or family commitments that would interfere with the Stages of Recovery program or your residency at our homes.
- To ensure confidentiality and a safe environment, visits with family and friends should occur offsite, except for visits involving children, as per the program guidelines.
- You can manage your recovery with minimal support during the week and can handle emergencies by contacting emergency services.
- You possess good social skills and can work well with others in a communal living situation.



Phone: 1-855-812-0136

Email: admin@dignityhouse.ca

Website: www.dignityhouse.ca.c

(Resident applications on the website)

Facebook: Dignity House Inc.

Instagram: [dignityhouseinc](https://www.instagram.com/dignityhouseinc)

C/O 1977 Norris Rd.

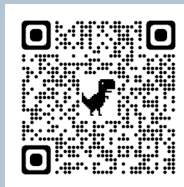
Winnipeg, Manitoba, R2G 4C1

Charity Registration:

840863393RR0001



Embrace lasting recovery,
live with dignity, empower
your life.



Website



Donations

Who We Are

At Dignity House, our mission is to provide long term supportive housing for women leaving human trafficking, sexual exploitation, abuse and addictions.

We provide mentorship to heal, thrive, and integrate back into the community through volunteering, education, and employment. We support our residents to be empowered, develop new skills, and experience the love of God.



Stats:

- In a study of 259 people, 82% said it was 'very important' to have the support of a recovery home.
- Studies reflect that about 40-60% of individual's relapse within 30 days of leaving an inpatient drug and alcohol treatment center, and up to 85% relapse within the first year.
- While relapse rates for individuals new to recovery are high, studies reflect that supportive relationships and a healthy living environment conducive to recovery greatly increases the likelihood of short- and long-term abstinence from addictive behaviors

Our Program

Dignity House offers shared community living in safe and sober homes for residents who have completed detox and treatment programs. Residency is a couple of years with guided programming, skill building and ongoing drug testing.

Dignity House believes the following areas are fundamental parts in the recovery journey: a sense of safety, relationships and connections with others, recovering your sense of self, structure and routines, faith, cultural practices, physical fitness, accountability, vision setting, recovery programs and counseling, and child reunification.

Dignity House weaves these areas into the Recovery Stages, guiding and encouraging you through your healing journey.

Recovery Stages

Stage 1: Establishing a framework and daily schedule.

Stage 2: Establishing relationships and setting goals for the future.

Stage 3: Developing knowledge and practical skills.

Stage 4: Guiding and supporting others as mentors.

Stage 5: Preparing for the shift from living at home to living in the community.

Stage 6: Continued support and care after the program.

What Residents Have to Say

"(It) helps in the sense of community. I feel I can learn and also teach as well, it provides a balance of give and take. I can have conversations about Christ and learn together and I am becoming more self aware. I like it, I appreciate it." Resident

"for me (it) is a safe place, inspiration, self love and self worth." Resident

So, if the Son sets you free you will be free indeed.
-John 8:36

