

## WE'RE HERE TO HELP.

Tamarack Recovery Centre is a private, non-profit, accredited organization providing abstinence-based residential addiction treatment and recovery services in Winnipeg, Manitoba, for over 45 years.

## CLIENT-DRIVEN, COMMUNITY-BASED, QUALITY CARE

Tamarack is one of the most well-established yet progressive treatment centres in Manitoba. Our unique structured program builds in flexibility, providing client-driven community-based treatment and support for alcohol and drug addiction.

## ACCREDITED WITH EXEMPLARY STANDING

We are "Accredited with Exemplary Standing" by Accreditation Canada, a not-for-profit, independent organization accredited by the International Society for Quality in Health Care (ISQua). Exemplary Standing is the highest level performance that can be attained in the Accreditation Canada program and demonstrates our commitment to progressive, high-quality client care.



## Mission

To provide a safe, welcoming environment where individuals are supported in recovery to realize their full potential.

## Vision

Healthy people, free from addiction.

## Values

Our values are based on a dedication and commitment to:



**Safety**



**Integrity**



**Respect**



**Excellence**



**Compassion**

# Lasting Change Begins Now



# It's never too early or too late to take action and change your life for the better.



## PRE-TREATMENT

Our specialized pre-treatment program meets the individual needs of each prospective client and is provided free of charge. Our counsellors and Intake Coordinator use an in-house toolbox of evidence-based methods, resources and strategies to support clients as they prepare for residential treatment at Tamarack. We'll give you the support you need to achieve 10 or 28 days of abstinence and help you transition smoothly into treatment at Tamarack.



## COMPREHENSIVE TREATMENT

Our program is designed to help our clients understand and deal with the issues that led them to alcohol and drug addiction while learning and practicing new life skills that will provide a better chance at long-term recovery. We work alongside our clients to create a treatment experience that is meaningful, comprehensive and ensures success. Clients will participate in individual drug and alcohol addiction counselling sessions along with group therapy.



## TRANSITION HOUSING

Our Recovery House is located close to our current treatment centre so we can seamlessly extend our culture of safety, connection, and support. Clients living in the Recovery House will commit to either actively looking for employment, returning to school or volunteering during the day.



## ADDICTION AFTERCARE

We offer our graduates free of charge services to ensure recovery skills are retained and strengthened when they return to their family, community and employment. Graduates may need the time and space to continue their work or address new challenges encountered in life after treatment. Our Forward in Recovery provision means they can do this within a familiar setting and with someone they know and trust.

Family members of our clients are also part of the recovery journey, and sometimes this journey can be stressful and exhausting. We want families to experience the joy of recovery, which is why we offer free aftercare programs and support them too.

