

# Addictions Resources available in Pembina Valley

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**Addictions Foundation of Manitoba (AFM) 108B – 8th Street, Morden Phone: 204-822-1296**

**Adult services** are provided to men and women 19 and over who are seeking assistance due to their own involvement with alcohol, drugs and /or gambling. An initial assessment of your needs is completed and resources are discussed. AFM offers community based treatment and short term residential treatment (21-28 days) *Stacey – Adult Services counsellor at 822-1296.*

**Youth Services** are provided to youth aged 12-18 years. You can also talk about concerns you have with your use or someone else's use. You can ask questions and talk with a counsellor who understands youth issues. The counsellor will let you know what services are available to you at AFM or in the community. Using these resources is up to you. *Trina – Youth Services Counsellor at 822-1296*

**Impaired Driving Assessments** can be completed at the Morden AFM office. Please call *Lori – Impaired Driving Counsellor at 204-857-8353* for more information and to schedule an assessment time in Morden.

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**Adult and Teen Challenge (A&TC) 565 George Ave - (204) 332-1932**

**Stepping into Freedom – Altona Victory in Christ Church - Wednesdays 7-9pm**

- Faith based 12 Step program for anyone who wants help with their addiction

**LifeLine - Winkler 390 1st St - Thursdays 7-9pm**

- Support group for those who have attended treatment and are looking for accountability and support

**Concerned Persons - call (204) 332-1932 to register for next available group**

- Support group for loved ones of those living in addiction
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**Alcoholics Anonymous (AA) 1-877-942-0126**

The only requirement for membership is a desire to stop drinking. A.A. is not allied with any sect, denomination, politics, organization or institution. It does not wish to engage in any controversy. It neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

**ALTONA**

*Altona Group Monday 8:00 PM  
Basement of United Church*

**MORDEN**

*Fresh Air Group Tuesday 7:30 PM  
NE corner of Nelson St. & Stephen St*

**CARMAN**

*Carman Group Thursdays 8:00 PM  
United Church Hall*

**ST CLAUDE**

*Sandhill Group Tue 8:30 PM  
Pavillion Room # 23 33*

**ST PIERRE JOLYS**

*Rat River Group Wednesday 8:00 PM  
St. Pierre Museum, 432 Joubert St.*

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## **SOMERSET**

*Monday 8:30 PM  
R. C. Church Bsmt.*

## **SWAN LAKE**

*Wednesday 8:30 PM  
United Church*

## **WINKLER**

*Greater Heartland Group Saturday 7:30 PM  
Boundary Trails Hospital  
Multipurpose room # 3*

*Winkler Group  
Wednesday 7:30 PM  
Gateway Resources 1582 Pembina Ave.*

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**Finding Freedom** 252 6 St S, Winkler - phone Pathway Community Church for info (204) 332-1616

**Wednesdays 7:00pm-9:00pm (doors open 6:45pm)**

The mission of Finding Freedom is to offer a safe, loving and respectful environment, and a program that addresses the biological, psychological, social and spiritual aspects of healing for people who suffer from addiction, trauma, and/or spiritual brokenness that they may experience a measure of freedom from the effects of these while becoming better equipped to face future challenges.

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**Mennonite Addiction Services** contact through Recovery of Hope (204) 325-5355

A culturally and language sensitive, biblically based addictions counselling service which started in 2004 as a pilot program. It currently employs two part time councillors. Four local Mennonite Churches sponsor it, and leadership from those churches make up the advisory board.

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## **Methadone Program/Opioid Replacement**

There are doctors in the Pembina Valley who are able to prescribe methadone. For more information, contact your family doctor or attend to your local clinic to discuss your addiction.

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**Recovery Winkler – 120 Pineview Dr, Winkler 204-362-7619**

**Thursdays 7:00pm – 9:20pm**

Recovery Winkler is a Christian-centered 12 step program for anyone with a hurt, habit or hang-up. We are an anonymous and completely confidential group. We currently have open share groups for men and women separately. We meet every Thursday from 7:00 - 9:20pm in the Meeting Room at the Winkler Mennonite Brethren Church at 120 Pineview Drive. We use the Celebrate Recovery curriculum which was developed at Saddleback Church in Lake Forest, CA

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**Recovery of Hope (204) 325-5355 309 Main St Winkler (Head office)**

Recovery of Hope is a professional counselling centre. Our services are provided to any individual, couple or family that desires to make a change or work through an issue or problem. We have office locations in Winnipeg, Steinbach, Winkler, Altona and Portage la Prairie. (Fee for service – call for information)

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## **SMART Recovery - Winkler Centennial Library 160 Main St Winkler**

**Tuesdays 7:15-8:15pm**

SMART Recovery stands for Self Management and Recovery Training. It is a non-profit, science-based program that helps people recover from addictive behaviours. SMART uses techniques from Cognitive Behaviour Therapy (CBT) and Rational Emotive Behaviour Therapy (REBT). SMART helps individuals apply these techniques to their recovery through the 4-Point Program. Each point provides tools and strategies to help individuals through their journey of recovery.

The points are:

- Building and Maintaining Motivation; Coping with Urges; Managing Thoughts, Feelings, and Behaviours; Living a Balanced Life

sandra.smartrecovery@gmail.com

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<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	AA Altona	SMART Recovery <u>Winkler</u> AA Morden	Finding Freedom <u>Winkler</u> <u>AA Winkler</u> A&TC Altona	Recover <u>Winkler</u> A&TC Winkler		AA Winkler

## **OTHER RELATED RESOURCES**

Mental Health Crisis Line – (204) 325-9700

Mood Disorders Association of Manitoba – Barbara Bogart (204) 330-7826

Anxiety Disorders of Manitoba – Tami Giesbrecht (204) 324-6110

Manitoba Addictions Helpline 1-855-662-6605      [www.mbaddictionhelp.ca](http://www.mbaddictionhelp.ca)

Narcotics Anonymous - 1 (888) 811-3887      [www.masna.org](http://www.masna.org)

Alcoholics Anonymous MB - 1-877-942-0126      [www.aamanitoba.org](http://www.aamanitoba.org)

Al-anon/Alateen – 1 (204) 943-6051      [www.al-anon.org](http://www.al-anon.org)

Steinbach Crisis Stabilization Unit - 1-855-320-1096

Pembina Counselling Centre - (204) 822-6622