



# Forward in Recovery

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.



# Recovery is a journey that doesn't end when treatment is complete



## Client Aftercare

Our Forward in Recovery aftercare program provides the vital connection many graduate clients need to maintain the momentum of recovery after treatment.

Tamarack offers free of charge services to ensure clients' recovery skills are retained and strengthened when returning to their family, community and employment.

### TAMARACK'S FORWARD IN RECOVERY AFTERCARE PROGRAM OFFERS CLIENTS:

- Support identifying goals, choices and solutions that support a new sober lifestyle
- Twice weekly groups to allow clients the opportunity to connect with their peers
- Ongoing individual counselling with the client's same in-house counsellor for as long as required after graduation
- 24/7 support line for those in need of a safe space, healthy supports or someone to talk to



## Family\* Aftercare

Family members of Tamarack clients are also part of the recovery journey, and sometimes this journey can be stressful and exhausting. We believe that families should experience the joy of recovery, which is why Tamarack offers free aftercare programs and support to them too.

### TAMARACK'S FORWARD IN RECOVERY AFTERCARE PROGRAM OFFERS FAMILIES:

- Support and information about the recovery process, self-care and referrals to community support services
- Weekly group information sessions that provide a space to share, acknowledge and learn about important issues
- 24/7 support from our Aftercare Coordinator who can answer questions and offer support

*\*Tamarack defines family as those people who are members of the client's support family of choosing or biological family who are an active support to the client in their recovery.*

# The opposite of addiction is connection