

Connection and community help me to keep growing in recovery

Nick's Story

After 10+ years of struggling with addiction, I was beaten and broken down by life. I finished 28 days of treatment at AFM and left wanting to go deeper and continue learning about recovery.

While I had heard positive feedback about Tamarack, what really drew me in was the family atmosphere. I recognized that this close-knit environment would not only force me to confront my tendency to close off and isolate but would immerse me in the company of others with a common goal, creating a sense of home, comfort and community.

I could tell quickly that Tamarack was going to be something special - from the content and structure of programming and workshops to the culture of health and positivity that allows participants to be authentic and express themselves in a safe manner - I was blown away. My counsellor provided unwavering support and guidance, gently steering me towards solutions and reminding me of the bigger picture when needed. I felt genuinely heard and understood.

“What really drew me in was the family atmosphere”

After graduating from Tamarack about a year ago, I moved into their transitional housing at the Branch. I ended the program feeling on top of the world but knew I would have to carry this forward and incorporate it into daily life.

For those who have finished treatment, “staying close” and keeping contact is critical, not only to maintain momentum, but to keep growing. One of the many benefits of living at the Branch is that staying connected with Tamarack has been seamless - I'm able to attend aftercare and other in-house self-help meetings, to continue seeing my counsellor and case manager on a regular basis, and there are plenty of opportunities to get more involved by acting as a “mentor” to others at Tamarack. Developing that connection and those relationships have been a huge part of my recovery.

Today, my whole world has flipped upside down, my perspective and attitude has changed dramatically from the time I entered Tamarack.

I no longer wake up feeling empty and dreading the day ahead; instead, I'm motivated and optimistic. There are certainly some days where old thought patterns and habits creep up, but I'm better equipped to handle those.

And there are moments where I still fail miserably but my approach to set-backs and finding balance has also changed significantly.

“This program has brought me back to life”

The healing journey is unique to each person and only they can come to find what that path is; however, having guidance and support - having a rock - especially in the beginning, is so important. For myself, Tamarack and the Branch have been that rock.

This program has brought me back to life. I cannot express how grateful I am for all of the support, the sacrifices made by staff and others in the program, and the lessons I've learned during my time here. The impact this program has had on people reaching out for help, along with the ripple effect on their families and friends, is truly inspiring to me.

I will forever hold a special place in my heart for Tamarack and the Branch.