

Staying connected to a place where recovery feels like home

Melissa's Story

I've been involved with Tamarack for 14 years. I first went into treatment in 2011. It was my first time in residential treatment for my decades' long addiction to every substance I could get my hands on. My first impressions of Tamarack were "wow" this place is an actual home! It didn't feel like a hospital or an institution. Everyone was so welcoming and friendly. I felt safe.

"..wow this place is an actual home!"

I learned so much in my stay at Tamarack. I realized it was much more about healing my past trauma and not just stopping using drugs and alcohol. Tamarack gave me the tools to cope and deal with my past so I could move forward.

**"Tamarack gave me the tools
to cope...so I could move
forward"**

I did have a few bumps in the road since 2011, but I will be nine years clean and sober this year [2025]. I still see my counsellor from Tamarack regularly free of charge as one of the amazing aftercare services, which has been vital in my recovery journey. I am honestly so grateful to my counsellor and for all the staff at Tamarack. I would not be where I am today in my life without all of them and their support.