

Alcoholism and Drug Addiction Result in Many Lost Opportunities



United Way
Central and Northern
Vancouver Island

A Recovery House for Men – Funded by United Way Donors – Gives Men the Chance to Leave the Past in the Past... and Gain New Inspiration

“This place became my family,” says Jarod, who became clean and sober last year. Jarod had struggled for years with alcoholism and a drug addiction – conditions that finally drove his family away and that resulted in many lost jobs, many lost opportunities.

When he reached the lowest point of his life, Jarod applied to the United Way-funded recovery house – the best decision he ever made.

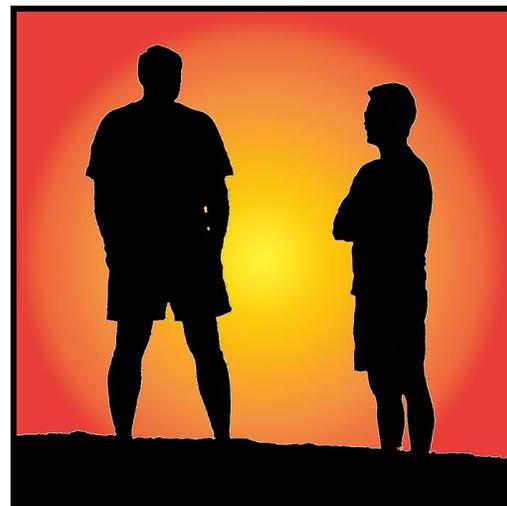
“They care,” affirms Jarod. “The staff is great. When I first came here, it was like a world of new knowledge.”

The recovery house supports men in their journey to end their addictions. Clients attend daily support groups on-site. They must also attend five Narcotics Anonymous or Alcoholics Anonymous meetings in the community each week.

With staff, the men discuss the issues underlying their addiction. They learn about boundaries, triggers, trauma, co-dependency, mindfulness, self-esteem and anger management. Daily household chores provide life skills.

“When I completed the program, I felt a lot better about myself, I had self-confidence,” continues

Jarod, who still attends the groups or visits with staff. “If I feel stressed or have a problem, I can come here and it makes me feel a lot better.”



Jarod enjoys helping new clients. “They say, ‘It’s really inspiring to see that you can do it.’”

Jarod enjoys helping new clients, giving them advice or just lifting their spirits. “They say, ‘It’s really inspiring to see you guys come back, to see that you can do it, no matter where you been and what you done.’ I say leave the past in the past, live for today. Honestly, this place has really touched my heart.”

To donate to United Way and for more information about programs in our community, go to www.uwcnvi.ca