

Alumni Services & Re-admission

Georgia Strait
WOMENS CLINIC

Developing interpersonal relatedness, self-definition, and intrinsic motivation doesn't happen overnight. You have several support options once you return home after treatment, all at no additional cost. It's important to us that there are no obstacles for alumni needing support once they leave, especially not financial ones. This ongoing support is available until you no longer feel you need us.

Our alumni coordinators are available 24 hours a day for support. Support can look like many things such as just needing to talk to someone, needing help finding services in your community, or simply wanting to check in and say hi. We encourage you to stay in touch by text or phone, especially during the first transition home when typical challenges of life often arise.

Alumni Weekends

Our alumni are welcome to take advantage of free weekend stays any time to reconnect, regroup, and regroup with staff and peers. Alumni are encouraged to attend all workshops and large group activities to share their stories as a way of giving back. Visiting alumni also receive lodging and meals.

Alumni interested in visiting for a weekend may contact Alumni Services to see if there is available space for the desired weekend they'd like to visit. A notice of at least two weeks is appreciated. Space is not guaranteed if trying to attend within two weeks. Clients travelling long distances may be able to extend their stay past the weekend (on a case-by-case basis).

Note: All Alumni Weekends are on hold during COVID-19.

Alumni Dinners

Our alumni manager travels to major cities in Canada throughout the year to host complimentary dinners for alumni in that area. These alumni dinners celebrate recovery and connect our alumni with one another. The dinner gives alumni the opportunity to socialize in a safe and friendly manner with other alumni. The alumni dinners also provide space for continued support among alumni. Dinners are offered two to four times a year in Vancouver, Victoria, Kelowna, Edmonton, Calgary, Saskatoon, Regina, Winnipeg, Ottawa, and Toronto, with more locations being added every year.

Note: All dinners are on hold during COVID-19.

Alumni Support Meetings

Weekly and bi-weekly alumni support meetings are available across Canada as a way to connect alumni with one another and let them re-experience the power of the peer group. These meetings are facilitated by counsellors and recovery coaches. Current areas that host meetings include Victoria, Vancouver, Langley, Kelowna, Powell River, Edmonton, Calgary, Saskatoon, Toronto, and Ottawa with expected growth in Nanaimo, Prince George, Red Deer, and Winnipeg.

Note: All in-person meetings transitioned to virtual sessions during COVID-19. Depending on location restrictions, some meetings are returning to in-person meetings in outdoor areas.

Coaching

Returning home after treatment is often the hardest part for our alumni. In response to this challenge, we offer recovery coaches and counsellors to help alumni stay active and engaged in their personal recovery. You are able to choose a recovery coach based on the coach's specializations (e.g. career or relationship coaching). Coaches are available for in-person (if the coach also resides in your home community), phone, and virtual appointments.

24/7 Alumni Support

Our alumni coordinators are accessible 24/7 via phone, text, social media, and email for long-term support and in times of crisis. They will connect you with local recovery services in your area, update you on Georgia Strait support meetings and dinners in your area, and support you in overcoming any challenges you're experiencing. These services allow us to offer our alumni a lifeline that lets them stay in constant contact with us. Photos and special events are just some of things regularly shared between alumni and our Alumni Services. Clients receive the alumni phone line before they leave.

Follow-ups and Check-ins

We follow up with clients on the day they've left to make sure that they have arrived safely at their intended destination. This follow-up also allows us to establish an initial post-treatment connection and remind alumni of our 24/7 alumni support line. Alumni coordinators will also inform the rest of staff that you have made it home safely.

Our alumni coordinators also follow up a week after discharge to see how each client is reintegrating at home. These check-ins maintain open communication and let Alumni Services remind alumni of available support resources in their area.

Sober Sports

Our non-profit, Sober Sports, offers sports for individuals' recovery in select cities. These activities, such as floor hockey, are designed so that people in recovery can reconnect with other alumni, be physically active, and have fun all at the same time! For more information, visit sobersports.ca.

Regional Offices

Our satellite locations serve alumni and their families. They also connect alumni and new clients with our admissions team. You can reach us at each location over the phone or by email. Find the office nearest you in Vancouver, North Vancouver, Victoria, Calgary, Edmonton, and Toronto.

Re-admission

There is no predicting how long it will take each person to develop a healthy, meaningful life without drugs and alcohol. If you've ever been ill, you know that it's impossible to predict exactly when you will recover. That's because every person has a unique history and set of problems. When you are going to treatment, the same lack of predictability applies.

Alumni Refresher

The two-week alumni refresher is for alumni who have recently had a slip or relapse and feel that they need to come back to 'reset'. This is available at a discounted rate. Alumni interested in the two-week Refresher Program must connect with both Alumni Services and the Admissions Department.

Alumni Program

For clients who leave us and discover later on that they are still struggling to find stability or have returned to using drugs or alcohol, returning for more help is a popular option. We encourage clients to see their relapse as a sign that they need more help with an issue they didn't resolve with us the first time, instead of viewing themselves as a failure.

In our experience, it is normal for people to return to treatment for a length of time before being able to truly create a stable recovery. When alumni return to see us, we help them shift their view of relapse as a failure to a teachable opportunity. There is a clear connection between the willingness to keep trying after a relapse and eventually long term recovery. It's important not to give up.