

OUR MISSION
AT
HOUSE OF CHARITY

*Feed those in need, house those
experiencing homelessness,
and empower individuals to
achieve independence.*

**TRANSFORMING
LIVES...**

**ONE PERSON
AT A TIME**



**WOMEN'S
DAY
—BY—
DAY**

An outpatient chemical
dependency with co-occurring
mental health recovery program.



House of Charity
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www.houseofcharity.org

House of
Charity
the heart of the city

**“I WENT FROM
ABSOLUTE
HOPELESSNESS
TO HAVING SOME
HOPE IN LIFE.”**

House of Charity’s Day by Day outpatient program is for women 18 years of age and older, and offers a client-centered harm-reduction based co-occurring chemical dependency and mental health recovery program. We work to optimize client potential.

PROGRAM COMPONENTS

- Trauma-informed group & individual therapy
- Gender-specific therapy
- Chemical health assessments
- Mental health diagnostic assessments
- Clinical Case Management
- Family counseling available
- Collaboration with MAT programs to assist opioid disorders

CURRICULUM

Day by Day offers a tiered approach to wellness. Counselors take a client-centered approach to individualize each treatment plan.

Phase I (10 weeks, 50 sessions, Monday-Friday):
Focuses on helping clients gain stabilization with their chemical health, mental health, and living skills.

Phase II (6 weeks, 18 sessions, 3 days a week):
Focuses on helping clients with their emotional wellness by addressing their trauma, self-worth, boundaries, healthy relationships with self and others, grief and loss, and any other emotional struggles they choose to address.

Phase III (4 weeks, 4-8 sessions, 1-2 times a week):
Focuses on assisting clients in steps needed for long-term recovery. Clients are able to receive support from LADCs, mental health professionals, clinical case management, and peers.

CO-OCCURRING SERVICES

We utilize motivational interviewing, DBT skills, trauma-informed curriculum, IMR, and mindfulness to treat mental health issues such as:

- Depression/Anxiety
- PTSD
- Personality Disorders
- Grief and loss
- Schizophrenia
- Bipolar Disorder
- Trauma

ADDITIONAL SUPPORT *available at* HOUSE OF CHARITY

- Safe and sober Group Residential Housing (GRH) for those experiencing homelessness
 - Clients can stay as long as needed
- Daily meals provided at our Food Centre
- Wrap-around case management services
- Recovery yoga
- Easy access to medical services
- Peer support groups

FOR MORE INFORMATION, PLEASE CONTACT:

Intake Coordinator | 612.594.2002

To refer clients to the Day by Day program, please fax Rule 25 Assessment to 612.594.2030.



RECOVERY | HEALING | COMMUNITY