



“ I would recommend Oxford to anyone who wishes to continue on a path of sobriety. As for the 10 months I was there, I felt accountable and responsible and continue that as I start my journey in my own house and grow in sobriety. Thank you!”



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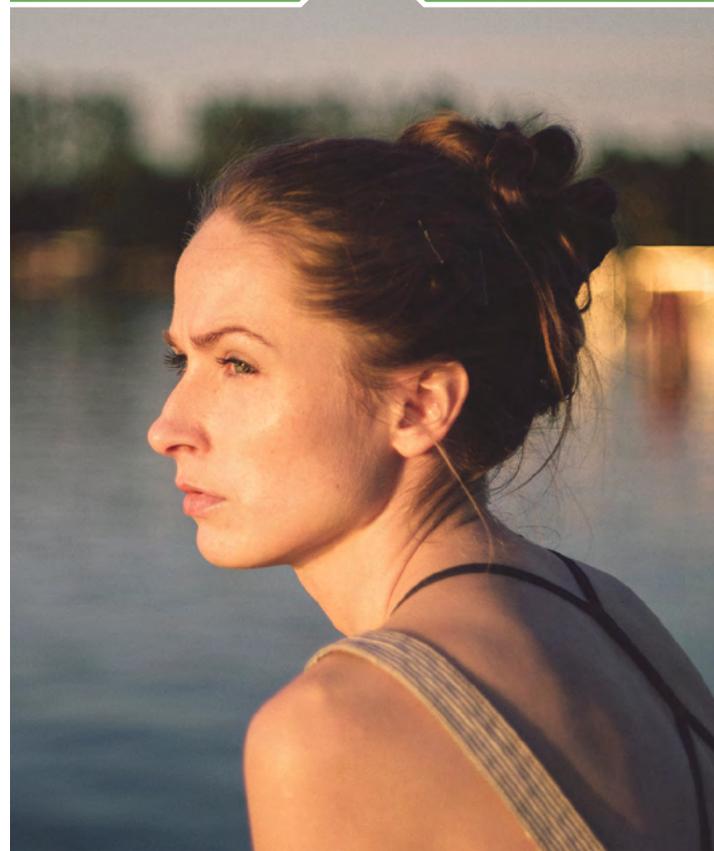
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403.287.8771 | www.oxfordhouse.ca

TRANSITIONAL RECOVERY HOUSING



Transitional Recovery Housing

Your Oxford Home is a safe and affordable place to take your life back.

You've already taken some important steps on your road to recovery. And you know that you are now ready to take your life back.

It's not going to be easy. You're going to work hard. You get out what you put in. But if you take this next step, we'll support you.

Why?

Because we've been there and understand that acceptance, hope, honesty, personal accountability, goal setting, and gratitude are crucial to long-term recovery.

When asked why the program works, residents respond:

- They've learned life skills such as conflict resolution, listening, cooperation and assertiveness.
- They are able to focus on self-care, recovery, have good social supports in place.
- They've learned to become accountable and responsible.
- They are healing family relationships and building new healthy relationships.
- They feel safe, and have increased self-worth/confidence/esteem.



“Leaving a 3-month treatment facility and being necessary to leave a 25-year marriage to maintain my sobriety, I have never felt so alone and scared in my adult life. Oxford House gave me the stability and courage to be where I am today; happy, healthy, independent and grateful.”

IS OXFORD HOUSE A RIGHT FIT FOR YOU?

Do you have at least 7 days sobriety and have completed a treatment program in the last year? Are you willing to gain and keep a job, and/or go to school? Are you willing to participate in a peer-supported environment in order to maintain a safe and healthy home?

Then Oxford House is for you!

TO APPLY FOR AN OXFORD HOUSE HOME, SIMPLY:

- ① Go to OxfordHouse.ca to fill out an application form and send it in.
- ② You will be called in for an interview with an Oxford House Support Worker.
- ③ Depending on fit, you will be scheduled for a second interview by the residents of the home you've been recommended for.

QUESTIONS?

If you have questions contact us at support@oxfordhouse.ca

Alberta Office: 403.287.8771



“I'm taking it one day, half a day, one minute at a time.”