



OXFORD HOUSE

WINTER NEWSLETTER



A MESSAGE FROM EARL

Executive Director, Oxford House Foundation of Canada



Some time ago, I received a call from an old friend, someone I once shared the struggles of homelessness with. We crossed paths again at a mutual friend's funeral, a tragic victim of opioid overdose. Initially, Lorelei didn't recognize me, but when she did, we hugged for a long time.

Weeks later, she reached out to me, mentioning our friend Paul needed urgent assistance.

He had been hit by a CN Train, severely injuring his arm and ribs, with no shoes to his name. Released from the hospital in inadequate attire, I felt relieved to hear he was alive. I promised to bring him shoes and a coffee from Timmies.

The following day, I arrived at Lorelei's place. Paul expressed gratitude for the shoes and coffee, clutching his applications for Oxford House and Sunrise, determined to turn his life around. Then, amidst tears, Lorelei shared the devastating loss of her daughter to meth laced with Fentanyl. My heart sank.

Offering to support her, she gestured at her beer, expressing her struggles. Reassuring her of my presence, I encouraged Paul to prioritize his recovery by completing the applications.

After bidding them farewell with hugs, I left, uncertain if our paths would ever cross again, though hoping they would. The weight of losing friends to addiction weighed heavily on my soul. About a month later, Paul let me know that Lorelei passed. I still have a lump in my throat when I think about her.

Last week, upon entering my office, a blue package from British Columbia caught my eye. Initially disregarding it, I attended to my tasks, but eventually curiosity compelled me to open it. Inside was a picture of an eagle in flight, accompanied by a letter from a dear friend named Army.

Army, as he was known on the streets, penned a heartfelt message expressing pride in my personal achievements and efforts to aid others in their battle against addiction. He shared that he himself has been clean for four years. Overwhelmed, tears streamed down my cheeks, prompting me to close my office door.

Lately, I have been feeling defeated, my spirit weighed down by the losses of beloved friends. The timing of Army's package was impeccable. Grateful for his words, I found solace in his encouragement. Thank you, my friend. Your words came when I needed them most.



Walking for Warmth: Join Oxford House in the Coldest Night of the Year!

Hey friends!

We're excited to announce that Oxford House is gearing up for an incredible event – the Coldest Night of the Year on February 24, 2024!

Why do we brave the cold and darkness for this cause? Because every step we take symbolizes our deep concern for those facing addiction, homelessness, and hardship. We walk for:

- Individuals battling to stay sober, fighting each day to support their families.
- Those forced from home by violence and abuse, seeking safety and solace.
- People overwhelmed by isolation, guilt, and despair, yearning for a glimmer of hope.

Every step counts, and each stride in the Coldest Night of the Year brings someone closer to safety, recovery from addictions, physical and mental health, home, and most importantly, HOPE.

This year, we invite you to be a part of this powerful movement by fundraising for the Oxford House Foundation of Canada at the Calgary Chinook location. Ask your friends to join you on this journey to make a real impact in the lives of those in need.

[🔗 Register now at: https://cnoy.org/location/calgarychinook](https://cnoy.org/location/calgarychinook)

Let's walk together, fundraise together, and make a difference together! Spread the word, share the love, and let's show the world that compassion has the power to warm even the coldest of nights.





OXFORD HOUSE 2023 IMPACT REPORT

TRANSITIONAL HOUSING

In 2023, forty-four courageous individuals took a step forward out of Oxford House, armed not just with newfound sobriety but with the resilience to embrace a fresh chapter in their recovery journey.

The impact doesn't end there. An additional 110 souls opted to remain within the supportive confines of Oxford House homes, determined to continue their healing until they feel ready to take the next big step.

Yet, behind these numbers lie stories of triumph, hope, and perseverance. Oxford House isn't just a transitional space; it's a vibrant tapestry woven with the inspiring narratives of forty-four unique lives transformed.

Take Janet, for example. Upon her arrival at Oxford House, she grappled with the intricate balance of recovery, everyday life, and employment. Today, Janet isn't just a survivor – she's thriving. With a Recovery Coach Certificate in hand, she extends a compassionate hand to others on their recovery journey, all while continuing to bask in the supportive environment of her Oxford House home.

PRE-TREATMENT HOUSING

Our Pre-Treatment Housing Program continues to make a profound impact on individuals seeking recovery. In 2023, 126 individuals successfully transitioned from detox to treatment, breaking free from the cycle of potential homelessness or abusive environments.

We firmly believe in providing a stable continuum of services, guiding individuals from the moment they make the courageous decision to embark on their sobriety journey, through treatment, and beyond. The power of support and intervention is truly remarkable.

Oxford House takes immense pride in housing North America's only Licensed Pre-Treatment Housing model, effectively addressing a significant gap in the Recovery Oriented System of Care. Together, we are changing lives, one step at a time. (Read Kate's story on the next page)

This is the heartbeat of Oxford House – more than just a safe and sober residence, it's a community where tales of triumph and resilience unfold daily. Here's to the continued success and transformation in 2024!



KATE'S STORY

Kate's story is a testament to the transformative power of support, education, and peer interaction offered by Oxford House's comprehensive programs. Struggling with addiction stemming from familial trauma and the legacy of residential schools, Kate found herself living on the streets, caught in the grip of substance abuse.

Recognizing she needed a change; Kate took the courageous step of seeking help. Beginning with detox, she then sought refuge in Oxford House's Pre-treatment housing. Here, she engaged in psychoeducational group sessions and one-on-one counseling, gaining valuable insights into addiction, treatment processes, and post-treatment planning.

The Pre-treatment program serves as a crucial bridge for individuals transitioning from detox to formal treatment. By acclimating participants to the structure of a program and providing a supportive environment for sharing, it eases the often daunting transition into treatment, especially for those attempting recovery for the first time.

During her time in Pre-treatment, Kate applied for formal treatment and was swiftly admitted to Henwood. This marked the beginning of her formal rehabilitation journey, where she continued to build on the foundation laid in Pre-treatment.

Now, having completed treatment, Kate resides in one of Oxford House's post-treatment houses. Here, she has the opportunity to put into practice the skills and insights gained during treatment, while also benefiting from peer support within a supportive community environment.

Looking toward the future, Kate is exploring educational opportunities and contemplating her career aspirations. She plans to remain in Oxford House's peer-supported Transitional Housing until she feels confident in her ability to maintain sobriety. With no set end date for Transitional Housing, Kate can take the time she needs to rebuild her life and reintegrate into society at her own pace.

Kate's journey serves as an inspiring example of resilience and determination. With the ongoing support of Oxford House's programs, she is forging a path towards a brighter, substance-free future, empowered to live a fulfilling and meaningful life.

[Donate](#)



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