

You and your entire workplace can create meaningful, lasting change as a team. Employees can purchase much-needed items that help new residents in their first 30 days in their Oxford House home.

THE FIRST 30 DAYS

The first 30 days are critical to the success of men and women in recovery living in an Oxford home. These first days can mean the difference between life-long sobriety and imminent relapse. It is important that new residents:

- Feel welcomed, included and accepted. Isolation is never a good thing.
- Maintain their recovery. Newcomers are connected into the recovery community; meetings, counselling, getting a sponsor, etc.
- Have two weeks of healthy food, including protein. Bedding, towels and personal hygiene items are also provided for newcomers.
- Have bus tickets if required to travel to and from appointments and work.
- Access to temporary income support, access to services and resources to attain education or employment.

Taking care of these basic needs for new residents up front through the First 30 Program, significantly increases their chance for success in the long-term. It allows newcomers the time they need to focus on their sobriety and take the next steps toward independent living.

TYPES OF ITEMS GRATEFULLY ACCEPTED BY OXFORD HOUSE

- Coffee
- Tea
- Crackers
- Cereal
- Instant oatmeal
- Peanut butter
- Pastas
- Rice
- Bedding for double beds
- Towels and face cloths
- Shaving cream/ razors
- Canned pasta sauce
- Canned tuna
- Canned fruit
- Canned vegetables
- Canned beans
- Maple syrup
- Pancake mix
- Canned soups
- Book of bus tickets
- Personal hygiene (toothpaste/brush, shampoo/conditioner, etc.

Items can be delivered to:

Oxford House Foundation
220-221 62 Ave SE
Calgary AB T2H 0R5

Tell us when you are coming and we will take your photo to share on social media!