



BRUCE OAKE RECOVERY CENTRE COMMUNITY UPDATE

CENTRE UPDATES

The Friends of the Bruce Oake Recovery Centre Facebook page has been a longstanding supporter of the centre since the beginning. It is run by our dedicated Community Committee member, Leslee. It is the hub for all updates on the Centre including community events, Gratitude Ceremonies, and feel good stories about the lives that are being transformed right here, in the Crestview community! To gain access to this private group, scan the QR code and join the growing 1,000+ community members!



GRATITUDE CEREMONIES

We host Gratitude Ceremonies where participants can celebrate with friends, family, and the community their accomplishment of completing the Bruce Oake Program! Ceremonies always take place on a Wednesday from 6pm – 7pm. They are hosted in person in the Centre’s gymnasium, and all are welcome! No RSVP is needed, join the celebration by entering through the West Gymnasium entrance (on the West side of the Centre) before 6pm.

Our next Gratitude Ceremonies are taking place April 12, May 24, June 14, and July 5. Follow the Friends of the Bruce Oake Recovery Centre Facebook page to stay up to date.

GRATITUDE STORY

“My sense of overall well-being has improved greatly. I have explored and found spirituality to be a large part of my recovery as well as the sense of community offered at Bruce Oake. I've reconnected with my family and could never have dreamed of being 100 days sober” – Cody

BRUCE OAKE RECOVERY CENTRE SPRING CLEANUP

The Bruce Oake Centre is happy to announce it's 2nd Spring Clean Up! We will be offering our time and power to our community. If you need a hand, we are all set up to help clean-up what winter has left behind. We plan to be offering raking services, junk removal, electronic recycling, and battery disposal.

We are gearing up for our day of helping out our community on Saturday, May 13th from 10am – 3pm. Batteries, small pieces of junk, and electronic recycling will be offered at the front of the Centre located at 255 Hamilton Avenue.

We have so many neighbours, so make sure to get your name on the list – We want to help everyone, but the earlier the better as help will be on a first come, first serve basis. Please contact Mason at mason@bruceoakerecovery.ca. We are looking forward to that fresh feeling spring brings us all!



2022 HOLIDAY OPEN HOUSE

On Saturday, December 3rd, 2022, the Bruce Oake Recovery centre hosted it's first Annual Holiday Open House. We hosted over 200 visitors from the community who enjoyed a delicious meal prepared by our talented kitchen staff, live music from the Salvation Army Brass Band, and tours of the centre led by our dedicated staff. Children enjoyed colouring and a surprise visit from Santa! We are so grateful for the turnout we received for our very first Holiday Open House and are looking forward to continuing this tradition with our community in the years to come!



FAMILY SUPPORTS AND RESOURCES

If you are supporting a loved one who is struggling with their mental health or substance use, know that you are not alone! Together, we have partnered with the Canadian Mental Health Association of Manitoba to offer Community Reinforcement and Family Training (CRAFT) for Mental Illness and Substance Use. The CRAFT program is designed to help people supporting a loved one struggling with Mental Illness or Substance Use. The aim of this program is to provide education, empowerment, and hope by developing alternative ways of interacting with your loved one that do not include nagging, pleading, or threatening. CRAFT is an approach for families who have a loved one struggling with substances, but who is not really interested in making changes or getting help.

Scan the QR codes below to register



CRAFT for Mental Illness
May 17 – June 21, 2023
6:00 pm – 7:30 pm



CRAFT for Substance Use
June 1 – June 15, 2023
5:00 pm – 8:00 pm