



### BRUCE OAKE GRATITUDE CEREMONIES

Join our Gratitude Ceremonies as we celebrate participants in their accomplishment of completing the 16-week Bruce Oake Program!

Friends, family, and the community are invited to the next Ceremonies coming up on **October 30**, **November 20**, and **December 11, 2024**. Ceremonies always take place on a **Wednesday from 6 to 7 p.m.** in the Centre's gymnasium, and there are always free refreshments and desserts served afterwards.

Follow us on Facebook and Instagram (@bruceoakerecovery) and the Friends of the Bruce Oake Recovery Centre Facebook page to stay up to date with upcoming ceremonies and events.

### BRUCE OAKE HOLIDAY OPEN HOUSE — SATURDAY, DECEMBER 7

Please save the date for Bruce Oake's 3rd Annual Holiday Open House on December 7, 2024 from 12 to 3 p.m. There will be live music from the Salvation Army brass band, activities for children, a free holiday meal, and even a special visit from Santa Claus himself! This event will be held in the Centre's gymnasium, and it is free to attend — no RSVP required. **If you have questions, please email [info@bruceoakerecovery.ca](mailto:info@bruceoakerecovery.ca).**



Tyler, second from left, celebrates his completion of the Bruce Oake program with his family at the June 5 Gratitude Ceremony.

*I am beyond grateful that I ended up reaching out for help at Bruce Oake. Quickly was I able to get away from myself, start living in the moment... realizing there is much more to life.*



All Gratitude Ceremonies are held in the Bruce Oake Centre's gymnasium, whose entrance is located on the west side of the building, pictured right.





## SNOW ANGEL PROGRAM



Every winter, Bruce Oake program participants volunteer by shovelling snow from driveways in the neighbourhood for those who are elderly or with mobility issues. It's a great way for us to be present in the community and build positive relationships with our neighbours! **For more information about this program, please contact Mason at [mason@bruceoakerecovery.ca](mailto:mason@bruceoakerecovery.ca).**



## SWEAT LODGE CEREMONIES

Participants get the opportunity to experience sweat lodge ceremonies weekly to learn teachings of Indigenous culture. In a sweat, participants enter the sweat lodge, a dome-shaped structure where the four elements (fire, air, water, and earth) come together to heat the lodge, creating a traditional therapeutic cleansing for participants. Participants experience traditional teachings and songs as part of this ceremony which contributes to their healing. The tradition is a way of restoring peace within oneself and nature.

## FAMILIES HELPING FAMILIES

The Bruce Oake Family Alumni Group aims to bring awareness of the importance of family care during the process of recovery and to help break the stigma of substance use disorder in our community. Although every recovery journey is unique, shared experiences help us understand that we are not alone.

**For more information, please email Community Outreach Clinician Hazel at [hazel@bruceoakerecovery.ca](mailto:hazel@bruceoakerecovery.ca).**

## CRAFT (COMMUNITY REINFORCEMENT AND FAMILY TRAINING)

CMHA Manitoba and Winnipeg and the Bruce Oake Recovery Centre will now be offering the Community Reinforcement and Family Training (CRAFT) program, designed to help people supporting a loved one struggling with substance use. The aim of the program is to provide education, empowerment, and hope by developing positive ways of interacting with loved ones who are struggling with substance use, but are not ready to make changes or get help. **CRAFT is free to all participants** thanks to United Way and Government of Manitoba.

To register, please call **(204) 982-6100**

**Dates:** Thursdays, 6 – 8 p.m., October 10 – November 14, and November 21 – December 19, 2024

**Location:** 930 Portage Avenue



## DONATIONS

We accept men's clothing donations if in good condition and freshly washed before donating. You are welcome to drop off the donations at any time Monday – Friday from 10 a.m. – 3 p.m. at 255 Hamilton Avenue, Winnipeg, MB. The Resident Support Worker team at the front desk in the lobby will accept the donations. **For any other donation offers, please contact Elisabeth at [elisabeth@bruceoakerecovery.ca](mailto:elisabeth@bruceoakerecovery.ca).**

