



## 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 **May 8, June 5, July 10, July 24, August 21, and September 11, 2024.**

Ceremonies always take place on a **Wednesday from 6 pm to 7 pm** in the Centre's gymnasium, accessible through the West gymnasium entrance on the West side of the Centre. Follow us on Facebook and Instagram, and the Friends of the Bruce Oake Recovery Centre Facebook page to stay up to date with upcoming Ceremonies and events.

## A NEIGHBOUR'S PERSPECTIVE

*Written by Val Robertson - Crestview Resident & Bruce Oake Volunteer*

Initially, I had reservations & fears about the Bruce Oake Recovery Centre being built in my neighbourhood. Once completed, I observed that the building and grounds were a big improvement to the former, rundown Vimy arena. Upon learning about the intake processes & eligibility criteria for the participants to be admitted into the recovery program, I felt reassured about community safety. I went with some friends to their first Bruce Oake Open House in December, 2022. I saw that it was such a bright & spacious facility inside. I was impressed by the caring and positive environment. Needless to say, I experienced a change of heart & turn around in my attitude. I started volunteering in March, 2023. It has been an interesting journey for me. At the completion of a 16-week program, with the help of a counsellor and sponsor from the community, the men are recognized with a Gratitude Ceremony to congratulate them on their accomplishment in graduating from the Bruce Oake program. Their family and friends, as well as people from the community, are welcome to attend this event and enjoy the surroundings of Bruce Oake's 'first-class' gymnasium...

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## ALUMNI ASSOCIATION SUPPORT

The Alumni Association is now 275 members strong! These hoodies, pictured with the Honorable Premier Wab Kinew and Honorable Minister Bernadette Smith, were designed by the Alumni. All proceeds go directly to the Alumni Association, in support of future events such as the **Annual Alumni Family Fun Day. This year it will be held from 12-3pm on Saturday, August 17, 2024!** Do you want to support the Alumni and purchase a hoodie? For details, please contact one of the Outreach Coordinators, Crystal at [crystal@bruceoakerecovery.ca](mailto:crystal@bruceoakerecovery.ca).



Les B. (back row), celebrating the completion of his Bruce Oake program with his family at the March 13th Gratitude Night.



## SPRING CLEAN UP

We are happy to announce our upcoming **3rd Annual Spring Clean Up** taking place on **Saturday, May 11th from 10am-3pm**. We are pleased to offer our time and power to our community. If you need a hand, we're here to help! We will be offering yard raking services for the elderly, as well as those with mobility issues. **To register, email [mason@bruceoakerecovery.ca](mailto:mason@bruceoakerecovery.ca)**. We will also have a site for junk removal, electronic recycling, and battery disposal in front of the Bruce Oake Recovery Centre at 255 Hamilton Avenue.



## FAMILIES HELPING FAMILIES

The Bruce Oake Family Alumni Group aims to bring awareness to 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 info 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, June 1-June 15, 2023, **5:00 pm - 8:00 pm**

**Location:** 930 Portage Avenue -Blueberry Room

## BRUCE OAKE ALUMNI FLOOR HOCKEY TOURNAMENT

The Bruce Oake Alumni Association invites friends, family and community to join us for the **2nd Annual Bruce Oake Alumni Floor Hockey Tournament!** The tournament takes place in the Bruce Oake gymnasium (access doors West of the building) on **Sunday, April 21 from 10am-3pm**. Cheer on our 10 teams, enjoy a warm pancake breakfast and see which Winnipeg Jets alumni show up to join us on event day! We look forward to seeing you!



***A Neighbour's Perspective cont'd***...My volunteer role as a greeter on the monthly Gratitude Ceremony nights has helped me to be more empathetic and aware of the struggles that the participants faced before they came to the Centre. It is so uplifting to hear the men's stories and their gratitude for all of the support they have received. One fellow shared that what made the difference was putting his trust in God to help him through and not trying to do it in his own strength. Many express their appreciation for the delicious meals prepared by the kitchen staff. Alumni and current recovery residents are also encouraged by their recovery testimonies. I was amazed by the brotherhood that has grown between them.

**It's not the end of their story, but the beginning of a new chapter with hope, replacing guilt and shame.**

I'm grateful for the opportunity to volunteer at this facility in my community. The staff and residents whom I have met, have been very welcoming and appreciative. I would like to invite others in the community to attend an Open House or contact their office for a personal tour.