



SAFE HOUSING FOR WOMEN REINTEGRATING SOCIETY AND CONSULTATION SERVICES FOR WOMEN WHO HAVE SHELTER BUT NEED SUPPORT AND GUIDANCE FOR THEIR REINTEGRATION PHASE.



MISSION

The LI-BER-T House mission is to alleviate poverty, homelessness and at-risk lifestyles for adult women being released from rehabilitation facilities after completing a substance abuse treatment program.

ABOUT US

LI-BER-T House provides women transitioning into society with a safe housing alternative, the tools necessary to remain abstinent, and empowers them to become self-sufficient through learning, leadership, companionship, and service.

STRUCTURE

Our empowering individual 6-Step program

Step 1 - Relapse prevention: Reinforce relapse prevention strategies with evidence-based practices, continue to use tools learned in treatment, create strategic plan

Step 2 - Personal development: To equip clients with practical skills for daily living and provide a safe space for emotional expression and healing, conflict resolution, communication.

Step 3 - Professional/vocational development: Empower and equip clients with the skills, knowledge and confidence to pursue and succeed in meaningful employment or return to school.

Step 4 - Interpersonal skills: Participation in groups (aftercare groups, family activities, 12 step groups, etc.), social contexts, Pointe-Claire sports and leisure activities.

Step 5 - Community involvement: Foster a sense of belonging and mutual support. Group outings, financial budgeting, team-building exercises. Community involvement - volunteering, employment, housing searches.

Step 6 - Independent living and transition: Post-housing follow-up approach. Help with independent living, follow-up according to client's needs (lifetime if necessary)

SERVICES

With help from staff, residents develop a personalized action plan, and a counselor develops a relapse prevention plan. Mindful Art workshops take place every two weeks and they are obligatory. A psychologist is available once a week for the first 10 weeks after arrival.

LI-BER-T House clients are obligated to participate in 12 step programs of recovery (AA, CA or NA). Our objectives enable emotional stability and skill development by featuring workshops and the encouragement of a supportive leadership team. Our clients have free access to pools, gyms and other physical activities in close proximity.

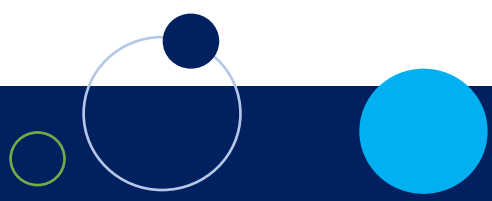
Each client is eligible for up to a year of housing as long as they remain abstinent from drugs/alcohol, pay their monthly stipend, and actively participate in career orientation or back to school initiatives. There is a supervised apartment option, Phase 2 of our housing component, for women who are ready for more independence but haven't been able to acquire housing.

CRITERIA FOR ADMISSION

- have completed an internal therapy program
- be at least 18 years old
- provide a progress report on therapy/ proof of stay
- possess a birth certificate, eligible for medical care in Canada
- willing to work, volunteer, or go back to school a minimum of 20 hours per week

EXCLUSION CRITERIA

- a record of repeat sex offenses
- currently on drug replacement therapy
- requiring intensive psychiatric care
- ongoing, uncontrolled drug/alcohol problem
- facing a deportation/expulsion order
- unable to communicate in English or French



CONTACT US

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From grassroots and peer-to-peer initiatives to our first brick-and-mortar facility, LI-BER-T House is building better communities. To find out more about our services, please contact us or visit our website: www.libert.ca