

Hope House Barrie

A Safe Environment for counselling and programmes that provide treatment for Complex Trauma and Addiction.

97% of people in addiction experienced childhood trauma in their home, school or church. This is not simply physical or sexual trauma; it also includes any dynamics that cause the person not to feel safe or unconditionally loved.

The RE:ACT Programme helps people understand how that trauma affected them—not just in becoming an addict, but in all aspects of their lives.

Hope House Barrie offers a long term program, where people will receive teaching, counselling, learning life skills, job skills, relationship skills, building a healthy network, and transitioning gradually into life.

COMMUNITY PARTNERS:

Life 360 Counselling

Elaine Horlings
Psychotherapy

Dan Spoelstra
Addiction & Mental
Health Counselling

LINDSAY TSANG
& associates
counsellors • life coaches • consultants



Life Change Solutions



RE:ACT Recovery Education
for Addictions and Complex Trauma

HOPE HOUSE

Trauma and Addiction Counselling
& Support Centre



Hope House Barrie
36 Mary Street
Barrie, Ontario
L4N 1S8
705-503-HOPE (4673)

hopehousebarrie.com

hopehousebarrie.com



“The opposite of addiction... & the opposite of hopelessness... Is CONNECTION.”

Transitional Housing Programme:

Hope House has a limited number of beds available to help people with short-term, safe, secure housing, in a faith-based environment.

Private bedrooms in a shared living space are available through an intake process with Hope House community supports (currently for men only).

Intake appointments can be made at Hope House or through the Hope Centre: Call 705-503-HOPE (4673).



Day Programme:

We have a team of professional, accredited counselors and registered therapists who will help you to work through your trauma and to walk toward freedom.

Our team uses proven psychological methods using licensed group therapy materials from RE:ACT -- *Recovery Education for Addictions and Complex Trauma*.

Our programming consists of daily, in-community group sessions every morning. A critical component of recovery is **community**, and we foster community-building with a lunch programme and other opportunities and pathways for community connections.

Day Programme Schedule:

Phase 1: Fall 2019

- 9:00am – RE:ACT Learning Session
- 10:15am – Group Session
- 12:00pm – Community Lunch
- 1:00pm-3:00pm
 - Individual Therapy;
 - Community Groups;
 - Life Skills Classes;
 - Physical Health.

Some Evening Community Groups.

*All groups are in a faith-based environment;
*Some community groups are explicitly faith-based.

Ask about job skills programming & service opportunities.

* Break Times are approximate.

Open Weekend Programme:



12 Step Addiction Recovery Group (faith-based where Jesus is our Higher Power).

NO INTAKE REQUIRED –
An Open Group where Everyone is Welcome!

Saturday, 1:00pm-2:30pm

Sunday, 1:00pm-2:30pm

At Hope House Barrie, 36 Mary Street