

## COMMUNITY RESOURCES

Aboriginal Health &  
Wellness Centre: . . . . . 204-925-3700

Addictions Foundation  
of Manitoba: . . . . . 204-944-6200

Alcoholics Anonymous: . . . 204-942-0126

Cocaine Anonymous: . . . . 204-250-2626

Eyaa-keen  
Healing Centre Inc.: . . . . . 204-783-2976

Hope for Wellness Helpline:  
. . . . . 1-855-242-3310

JIB Stop: . . . . . 204-904-STOP

The Indian Residential School (IRS) Health  
Support Program (24/7): 1-866-925-4419

Klinik Crisis Line: . . . . . 204-786-8686

Manitoba Addictions  
Helpline: . . . . . 1-855-662-6605

Mobile Crisis Service: . . . . 204-940-1781

Mood Disorders Association  
of Manitoba: . . . . . 204-786-0987

Mount Carmel Clinic: . . . . 204-582-2311

Native Addictions  
Council of Manitoba: . . . . 204-586-8395

Narcotics Anonymous: . . . 204-981-1730

Sunshine House: . . . . . 204-783-8565

NorWest Co-op  
Community Health: . . . . . 204-938-5900

St. Raphael  
Wellness Centre: . . . . . 204-956-6650

### About Us

*The John Howard Society of Manitoba is a non-profit organization that primarily works with men (18+) who have been, or may be incarcerated.*



*We actively advocate for effective, evidence-based and humane approaches to reducing crime and creating safer, healthier communities.*

**583 ELLICE AVENUE (at Sherbrook)  
WINNIPEG, MANITOBA  
R3B 1Z7**

**Phone: 204-775-1514 ext. 108  
Fax: 204-775-1670  
Website: [johnhoward.mb.ca](http://johnhoward.mb.ca)**

**The John Howard Society of Manitoba is located on the original lands of the Anishinaabeg, Cree, Oji-Cree, Dakota and Dene peoples, and on the homeland of the Métis Nation.**

## HEALING & HARM REDUCTION SUBSTANCE USE PROGRAM



# HEALING & HARM REDUCTION SUBSTANCE USE PROGRAM

## Introduction

The Healing and Harm Reduction Substance Use Program aims to provide a safe place for men to attend open group sessions, create an individualized case plan specific to their needs, and access support from an Indigenous Spiritual Advisor, and one-to-one support from a Caseworker on a continued basis.

In 16 open-group sessions, men will have the opportunity to explore the benefits of harm reduction, learn and practice healthy coping strategies, develop plans and learn new strategies for realistic change in their use of substances, and to better understand and connect the underlying reasons for their substance use.

## Online Programming Option

Due to the Covid-19 Public Health Measures, JHSM has had to look at new ways of facilitating programming.

We are excited to be launching online programming. Please inquire about how to connect with us online!



## Elder Services

The program model includes Indigenous Spiritual Advisor instruction to cultivate and build on strength, courage and healing from a traditional and cultural perspective.

Teachings and ceremonies are related to session topics and client needs.



## Program Criteria

The program content is for men who identify as having problematic substance use.

- Priority is given to Indigenous (First Nations, Métis and Inuit) men who are 18 years of age and older.
- Men who do not identify as Indigenous, but are respectful of the culture are welcome to apply.
- Willing to attend group sessions held Monday evenings from 6:00-8:30 p.m.
- Willing to participate in cultural services and ceremonies.
- Willing to participate in the confidential assessment/intake and evaluation process.

## Covid-19 Program Policies

### When you arrive, we ask you to:

- Use hand sanitizer upon entry and have your temperature checked by staff.
- Keep a distance of 6 feet from all staff and other clients.
- Follow hand hygiene, cough etiquette and physical (social) distancing.
- Wear a mask covering your nose, mouth and chin.

### When should you stay home?

- If you feel sick, or
- Have been in contact with someone that is confirmed to have Covid-19, or
- Are currently waiting for Covid-19 test results, or have been advised to self isolate, or
- Have been notified that you were in a high risk setting in the past 14 days (example: on a plane or at an event), or
- If you arrived in Manitoba from a travel-restricted area or community in the past 14 days.

**For more information or a referral form, contact the Program Caseworkers:**

**Melissa Nolin** BSW, RSW  
204-775-1514 ext. 108  
mnolin@johnhoward.mb.ca

**Robert DeCoste**  
204-775-1514 ext. 107  
rdecoste@johnhoward.mb.ca

\* Free Program: No Fee Required \*