OTHER PROGRAMS AT JHSM

Pardon/Record Suspension Program
If a dated criminal record is preventing you from finding employment, our case-workers can help you apply for a record suspension or pardon.

Reintegration Program
To support individuals transitioning from incarceration to community, we provide free hygiene kits, men's work clothes, and classes on parenting, anger management, and healthy relationships.

Bail Navigator Program
For individuals on bail who want to improve the outcome of their involvement with the justice system, and need support to maintain their release conditions.

Literacy Program
We help individuals improve the basic reading and writing skills they need for work, school, parenting, and community participation.

Four Healing Roads Lodge Halfway House
An inclusive and welcoming halfway house for men traveling from a life of incarceration towards freedom and reintegration into the community.

Contact **office@johnhoward.mb.ca** for information about any of our programs.

The John Howard Society works with individuals who are in conflict with the law - before, during, and after incarceration. We provide support and guidance to individuals to empower them so they will not re-offend once they return to the community. Our programs and services help address the root causes of crime, and build healthy families and safer communities. All our services are offered for free and without judgement.

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Fax: 204-775-1670

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.

John Howard
THE JOHN HOWARD SOCIETY OF MANITOBA

2025.10

John Howard
THE JOHN HOWARD SOCIETY OF MANITOBA

Healing and Harm Reduction ADDICTIONS PROGRAM

A safe and supportive space for men to explore and address the underlying causes of their addictions.

Change from the inside

ABOUT THE PROGRAM

When you have an addiction to alcohol, gambling, or drugs, it's not always easy to understand how you got there.

The Healing and Harm Reduction Addictions Program offers men a safe and supportive space to explore and address the underlying causes of their addictions.

FOURTEEN SESSIONS

This free program consists of 14 solution-focused sessions.

Each session focuses on a different topic and are designed to build on each other. The program culminates with a self-management plan.

In these sessions, participants will have the opportunity to explore their own healing issues and the origins of their addictions. They will learn and practice healthy coping strategies and develop a personalized plan for realistic change related to their addictions.

The program uses the Medicine Wheel as a foundation to develop strength, courage, and healing.

HARM REDUCTION APPROACH

Program facilitators meet participants where they are at without judgement, following a harm reduction and trauma-informed approach.

Participants have access to one-to-one support from a facilitator/caseworker and ongoing support once they have completed the program.

BENEFITS OF PARTICIPATION

Throughout the program, participants will:

- Gain a better understanding of the underlying reasons for their substance use
- Learn and practice healthy coping strategies
- Have opportunities to share in a safe group setting
- Develop a self-management plan

WHO IT'S FOR

This program is for men who identify as having an addiction, whether to alcohol, cannabis, gambling, or other substances or activities.

Participant Criteria

- 18 years of age or older
- Willing to attend twice weekly group sessions for the entire 8-week period
- Willing to complete confidential intake and assessment processes

Note that the program is done in a culturally inclusive way and borrows from some Indigenous principles such as smudging and the teachings of the medicine wheel.

ARE YOU INTERESTED?

To schedule an intake session, please contact one of our caseworkers:

Deb Capitano
204-775-1514 ext. 108
(cell: 204-223-1552)
dcapitano@johnhoward.mb.ca

Rob Erickson
204-775-1514 ext. 104
(cell: 431-278-8137)
rerickson@johnhoward.mb.ca