

## Who can join and how?

The Mothers for Recovery Mentorship Program accepts all pregnant women and mothers who are struggling with addictions and desire a lifestyle free from drugs and alcohol while striving to become a better parent. The program connects Mentors, who meet the program's strict criteria and complete an 8 hour training program, with Mentees who benefit from their experience and support. Mentees will also access one on one support and weekly educational workshops to achieve their personal goals. The program has ongoing intake with no minimum clean time requirement. Mentees must commit to being clean and sober during attendance at the program. Mentees do not have to have custody of their children, but those who do can access our free on-site child-minding program during their sessions. For more information, to book an intake appointment, or to apply to become a mentor please call

Heather or Susan at 250-377-6890.



## Contact Us

### Intake Appointments & Mentor Applications

Heather Cameron 250-377-6890 ext. 01  
Email: [kamloopsfamilytree@telus.net](mailto:kamloopsfamilytree@telus.net)

or

Susan Clarke 250-377-6890 ext. 02  
Email: [cswright@shaw.ca](mailto:cswright@shaw.ca)

### **Mothers for Recovery is a Program of Kamloops Family Resources Society**

Mailing Address

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KAMLOOPS FAMILY RESOURCES SOCIETY

Family Tree  
Family Centre

vancouver  
foundation

# Mothers FOR RECOVERY

## Mentorship Program



At the Family Tree Family Centre  
283 West Victoria Street

Phone: 377-6890  
Email: [kamloopsfamilytree@telus.net](mailto:kamloopsfamilytree@telus.net)

## What can I expect as a Mentee?

- ♥ 15 weekly group mentoring sessions focusing on goals, community resources and emotional support with carefully screened and trained mentors
- ♥ 15 weekly group educational workshops with other mentees covering topics including parenting in early recovery, relapse prevention, boundaries & relationships, healthy sexuality, budgeting and legal rights
- ♥ One to one support with a program facilitator who is a mother in recovery to establish personal goals and meet your specific needs (e.g. help navigating through legal issues, MCFD issues, residential treatment access, accessing prenatal support, applying for BC housing, etc)
- ♥ Non-judgemental, confidential and ongoing support in a safe and warm environment
- ♥ Direct access to our Mothers for Recovery Support Group, 16 Step Women's Empowerment Group, Power of Women Recovery Fitness Program, ARCH Recreation Passes, Family Tree Drop-in Program, Clothing Exchange, Bus Tickets, Birthday Blessings Program, Public Health and Street Nurse visits with anonymous STD testing available and much, much more!
- ♥ All free of charge!!

## Who are the Group Mentors?

- ♥ Local mothers with at least one year clean from alcohol and drugs
- ♥ Have attended an orientation, completed the application process and have been accepted by the selection committee as a suitable mentor
- ♥ Have completed our 8 hour mentor training program
- ♥ Have a specific identifiable skill, expertise or experience to offer to mentees (e.g. budgeting skills, has a physically active lifestyle, has had children returned from MCFD, is attending university, has been on probation/parole, has been involved in the sex trade, etc)



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**To make an intake appointment  
or apply to become a mentor please contact us**

**Heather Cameron 250-377-6890 ext. 01  
Email: [kamloopsfamilytree@telus.net](mailto:kamloopsfamilytree@telus.net)**

**or**

**Susan Clarke 250-377-6890 ext. 02  
Email: [csswright@shaw.ca](mailto:csswright@shaw.ca)**

## Mothers for Recovery Mentorship Program Guiding Principles

- ♥ **Addiction** is a family disease
- ♥ **All mothers** are doing their very best at any given time
- ♥ **All mothers** love their children and want only the best for them
- ♥ **Any mother** can fully recover from addiction and successfully parent her child(ren) given the right supports and environment
- ♥ **The best teachers of recovery** are those whom have recovered themselves
- ♥ **Every mother and child** deserves a safe place to be themselves, grow and learn