



The Marguerite Centre Program Description

The Marguerite Centre provides a holistic, women centered approach to recovery from substance misuse and gambling addiction. The following is a list of programs that support the *mind, body & spirit* throughout the healing journey.

Mind

Foundation Programs

The Marguerite Centre foundation programs occur once per week throughout the year and are facilitated by centre staff.

1. Women's Way Through The Twelve Steps
2. Who am I, and how did I get here?
3. Process Group
4. Beyond Trauma
5. Planning for the future

Theme Programs

Theme programs vary each month and are on a six month rotating schedule. These programs are facilitated by both centre staff and community partners.

1. Vocational/Financial (January & July)
2. Smoking Cessation (February & August)
3. Health & Wellness (September & March)
4. Women's Problem Gambling (October & April)
5. Self Esteem (November & May)
6. Anger Management (December & June)



Body

Physical well being

The following is a list of physical fitness programs that are offered at the centre and within the community. These programs are facilitated by both centre staff and community partners.

1. Yoga (weekly at the centre)
2. Massage Therapy (bi weekly at the centre)
3. Reiki (weekly at the centre)
4. Aqua fitness (weekly at Spryfield wave pool)
5. Hiking (weekly in the community at various hiking trails)

Spirit

Enhancing self

Connecting with one's spirit is an important component to recovery and personal growth. The Marguerite Centre offers programs that enhance self discovery, creativity and connections in the community through leisure activities.

1. Healing Circle
2. Thirst for wholeness
3. Creative Leisure (crafts & jewelry making)
4. Leisure outings