

## OVERVIEW OF FUNDED PARTNER

Sophia Recovery focuses on providing a safe, hopeful, accepting environment of sharing, mentoring, and learning for women seeking healing and support in their recovery from addictions.

## IMPACT

### Cynthia's Story



Darlene\* recently moved across the country to escape a violent partner. His outstanding debt still impacts her credit score. Darlene's addiction started when she needed something to help cope with the pain from a hit and run accident nine years ago. She was experiencing excruciating pain and she didn't have a family doctor at the time. Darlene came to Sophia Recovery Centre in April 2021.

She was already in recovery but with her cross-country move, she was desperate to find a new support network to help her maintain her sobriety. She participated in a one on peer coaching and eventually attended group programs as well. Since completing the coaching program, she has maintained contact with staff, dropping in or calling the Centre approximately once per month. As COVID allows for more group programs in the coming months, she plans to participate in new informal programs like Book Club and Chat and Connect on Sundays where she hopes to find new sober friends to support her.

## Helping to Build Strong & Healthy Communities

**100%** of outcomes set with United Way were met or exceeded in 2021.



## 2021 Outcomes

**98%**

of women have maintained long-term sobriety (2+ years) after accessing resources and programs offered by Sophia Recovery Centre.

**91%**

of women eliminated substance abuse for 6 months or more.

## Your Local Love

United Way Funding

**\$60,000**

# People Served

**219**

# Program Interactions

**3,655**



United Way  
Saint John, Kings  
& Charlotte