



# The House of Hope and Healing

## Mission Statement

The House of Hope and Healing provides counselling to families, individuals and couples seeking change or in a crisis situation. Trusting in God and in a spirit of teamwork, all are given tools to experience serenity with God, self and others.

## Guiding Principles

- We are a **Christian Faith-based** ministry
- Our ministry gives **Hope**
- We seek **Courage** to take action
- We live by **Divine Providence**

## Approach

We provide hope and support, empowering people to renew their lives as they come to know their immense worth and value.

Support is offered in all areas of life:

- Social, spiritual and emotional healing
- Life skills and relationships
- Recovery from all forms of addictions
- Crisis situations/Interventions

## Services Provided:

*Short-term, long-term, and follow-up counselling services in the areas of*  
*Alcohol. Drug abuse*  
*Gambling Addiction*  
*Sexual Abuse and Sexual Dysfunction*  
*Eating Disorders*  
*Co-dependency*  
*Emotional Abuse*  
*Behavioural Addictions*  
*Dysfunctional Families and Youth Problems;*  
*Marital Problems*  
*Dual Diagnosis*  
*Crisis Intervention*

## We aim to:

1. To provide a safe place for the healing, nurturing and transformation of people who are victims of various types of dysfunctional issues.
2. To teach clients how to find personal and social resources to heal themselves and move into long-term recovery and growth.
3. To prepare clients to go into long-term recovery using a "12 Steps Program"
4. To provide these services on a sliding fee scale, based upon income, i.e. their ability or capacity to pay fee for counselling services. As such, charitable donations are accepted from donors in the community to subsidize the costs associated with providing counselling services to clients who are unable to pay or are of limited financial means.

*\*Some insurance companies do cover our services*

## COVID 19:

***All Counselling is being done by phone or virtual appointment***