

# HARMONY HOUSE MINISTRIES

**Our Vision is** to reach out and provide assistance to hurting and troubled women who are in the process of recovering from substance abuse, to help them find healing, hope and the love of Christ.

## **Our Mission is:**

- To provide a safe, secure, non-judgmental, empowering and structured environment that supports each woman's potential for recovery from addictions.
- To assist women to establish independence so they can provide for their family and eventually integrate into society as a functioning member.
- To provide biblical counselling and guidance to help the women heal from past hurts.

## **Is this Supportive Recovery Home for Me?**

- Do you have problems with impulsive drug or alcohol use, spending, or eating?
- Have you used alcohol and/or other drugs as an attempt to manage stress and/or escape your life?
- Are your relationships up and down and conflicted?
- Do you often act on emotion without thinking things through?
- Does anger get the better of you?
- Are you "on an emotional roller coaster" of painful emotions?
- Have other people suggested you cut down or eliminate substance use from your life?
- Are you willing to try something new?
- Would residing in a safe, supportive environment supported by Christian faith be helpful for you?
- Are you ready, willing and able to learn new skills and meet new people?

If you answered yes to many of these questions, then Harmony House is here to help you!

Because this program can be intense and exhausting, each woman who is accepted into the program must have a strong desire to change her life and be willing to actively commit herself to the ongoing program. Both Harmony House and Shiloh House are drug and alcohol free environments. While staying at one of our homes, women are expected to behave in a manner that is appropriate for living in a Christian community.

## **Programs and Support**

- Harmony House recognizes the individuality of each person and believes that healing evolves and futures are rebuilt through counselling and skills development.
- Harmony House believes our lives can be changed by the unconditional love of God as well as assistance offered in a safe, supportive environment.
- Harmony House programming is 12 to 18 months in duration and includes 'The Genesis Process', a relapse prevention program structured for addictive/compulsive behaviors. Group and individual sessions focus on identifying and working through the underlying issues that drive compulsive addictive behavior.

## **Procedure for Entering Harmony House:**

- Anyone desiring admission as a resident must complete an intake interview. The purpose of this interview is to determine:
  - if Harmony House is an appropriate place to meet the applicant's needs
  - if the applicant would fit into our existing community living.
- The staff at Harmony House will work closely with the applicant's existing support team.
- Applicants should be drug and alcohol free when they enter Harmony House. Periodic, random testing will be practiced throughout the duration of the program.
- After approval, applicants will sign our Harmony House guidelines which will acquaint them with the rules of living and Harmony House and their responsibilities.

If you have any questions about these two supportive housing resources and/or would like to apply, an application is available at [www.kelownagospelmission.ca](http://www.kelownagospelmission.ca). You can also contact us at 250-763-6544.