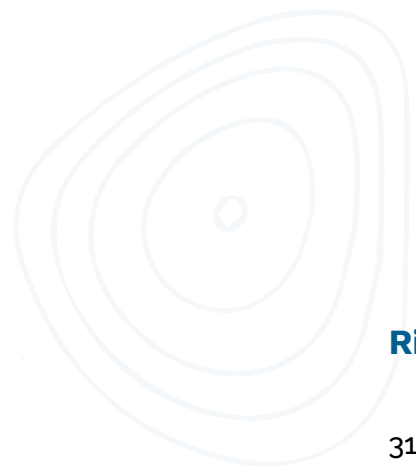


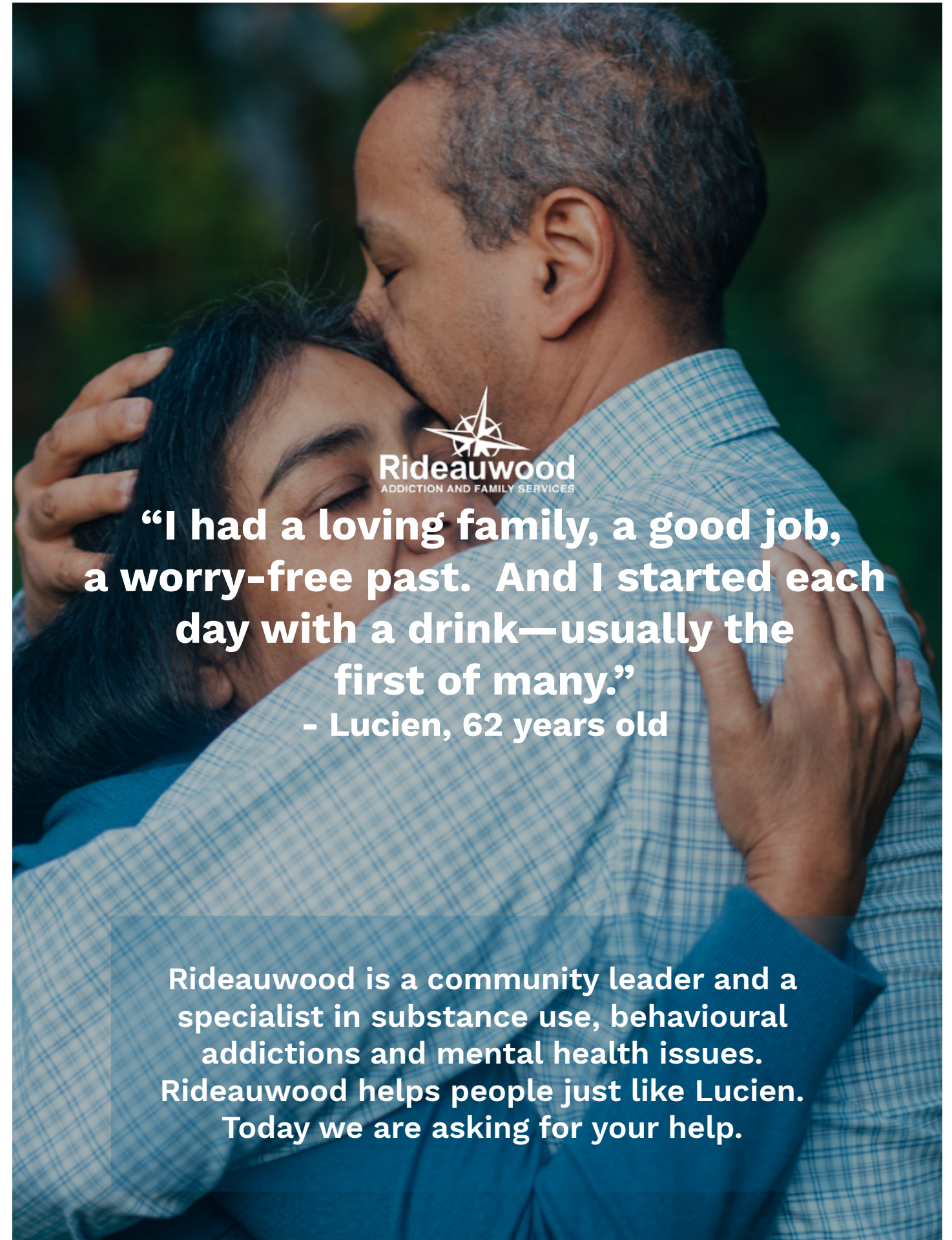


**“Retirement may be a few more years away now, but at least I have my life back and my family has me.”**



**Rideauwood Addiction and Family Services**

312 Parkdale Avenue, Ottawa, ON,  
K1Y 4X5  
(613) 724-4881  
[www.rideauwood.org](http://www.rideauwood.org)



**“I had a loving family, a good job, a worry-free past. And I started each day with a drink—usually the first of many.”**  
- Lucien, 62 years old

Rideauwood is a community leader and a specialist in substance use, behavioural addictions and mental health issues. Rideauwood helps people just like Lucien. Today we are asking for your help.



## Lucien's Story

I always liked to drink. But drinking became a serious problem for me when I lost my job in the government. I was three years away from my pension. At first, I was hopeful and after each day job searching, I'd end my day at five o'clock with a beer or two, like always. But as the months went on, two beers became six and five o'clock became 10 in the morning.

A year and a half went by and with my job hopes drifting further away, I hit rock bottom. I started to lash out at my wife and eventually, contemplated suicide. That's when I decided to get help. I found Rideauwood and honestly it changed my life. Over the first few sessions I was able to have real conversations about my drinking, and was able to choose between reducing or stopping drinking altogether. It felt good to set my own goals and recover on my terms.

Without Rideauwood, I don't know if I would be standing here today, let alone going to my job each day and then coming home to my family each night.

**Rideauwood. Supporting individuals struggling with substance use, behavioural addictions and mental health issues with care, compassion and expertise for over 40 years.**



Rideauwood offers many out-patient treatment program options for youth, adults and families.



Every year Rideauwood delivers preventative education programs in our schools.



Rideauwood collaborates with community partners to ensure all individuals receive the support and care they deserve.



Rideauwood works with corporations and HR professionals to help create supportive and healthy workplaces.

**Rideauwood's impact is felt far and wide.**

### Supporting Individuals

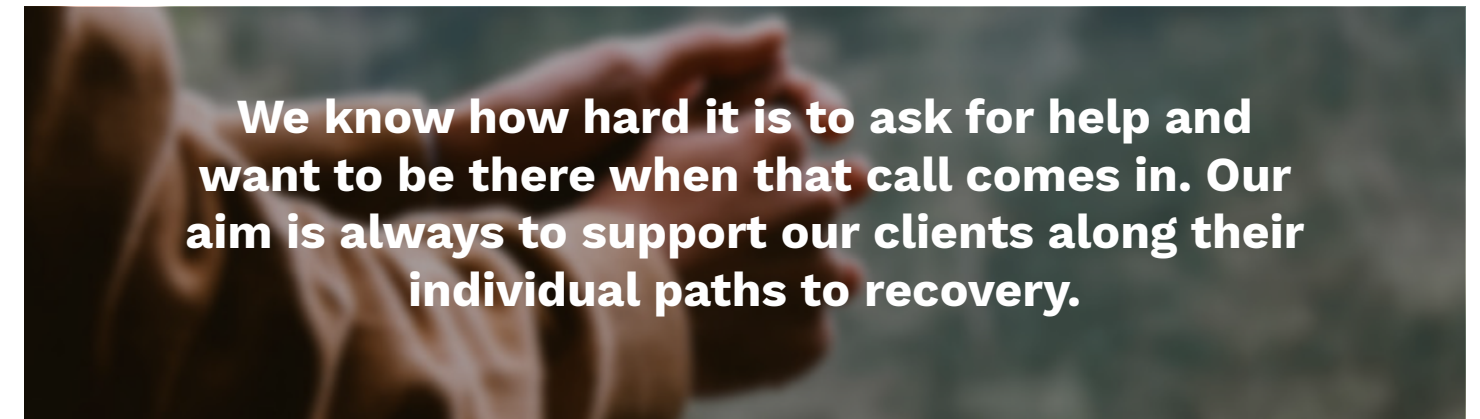
For over 40 years, we've supported hundreds of thousands of individuals as they found the courage to face their substance use and behavioural addictions.

### Delivering Education

Rideauwood delivers prevention education sessions in schools across the region, every year.

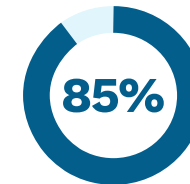
### Providing Care

Since 1976, Rideauwood counsellors have provided over a million hours of one on one sessions.



**We know how hard it is to ask for help and want to be there when that call comes in. Our aim is always to support our clients along their individual paths to recovery.**

**85% of donations go directly to the support of a Rideauwood client.**



85 cents of every dollar you donate to Rideauwood, goes directly into treatment services that support Rideauwood clients in need.

We work hard to meet the demand for services and continually innovate to extend our reach further into the community. Rideauwood actively searches for funding sources as well as strategic partnerships that allow us to expand our service offering for clients in need of support.

There are many ways you can help including:

- Donate a one-time gift
- Become a monthly donor
- Volunteer your time and expertise

**Please give generously to Rideauwood. Help us support the youth, adults and families in our community who are working hard to recover from substance use, behavioural addictions and mental health issues.**