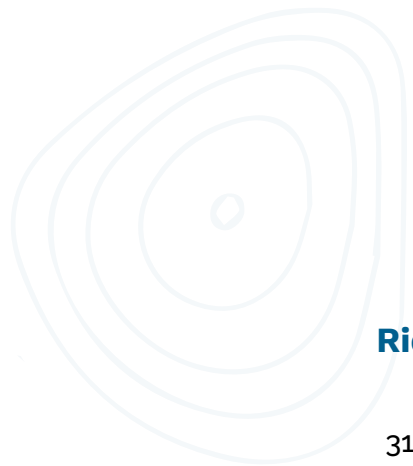


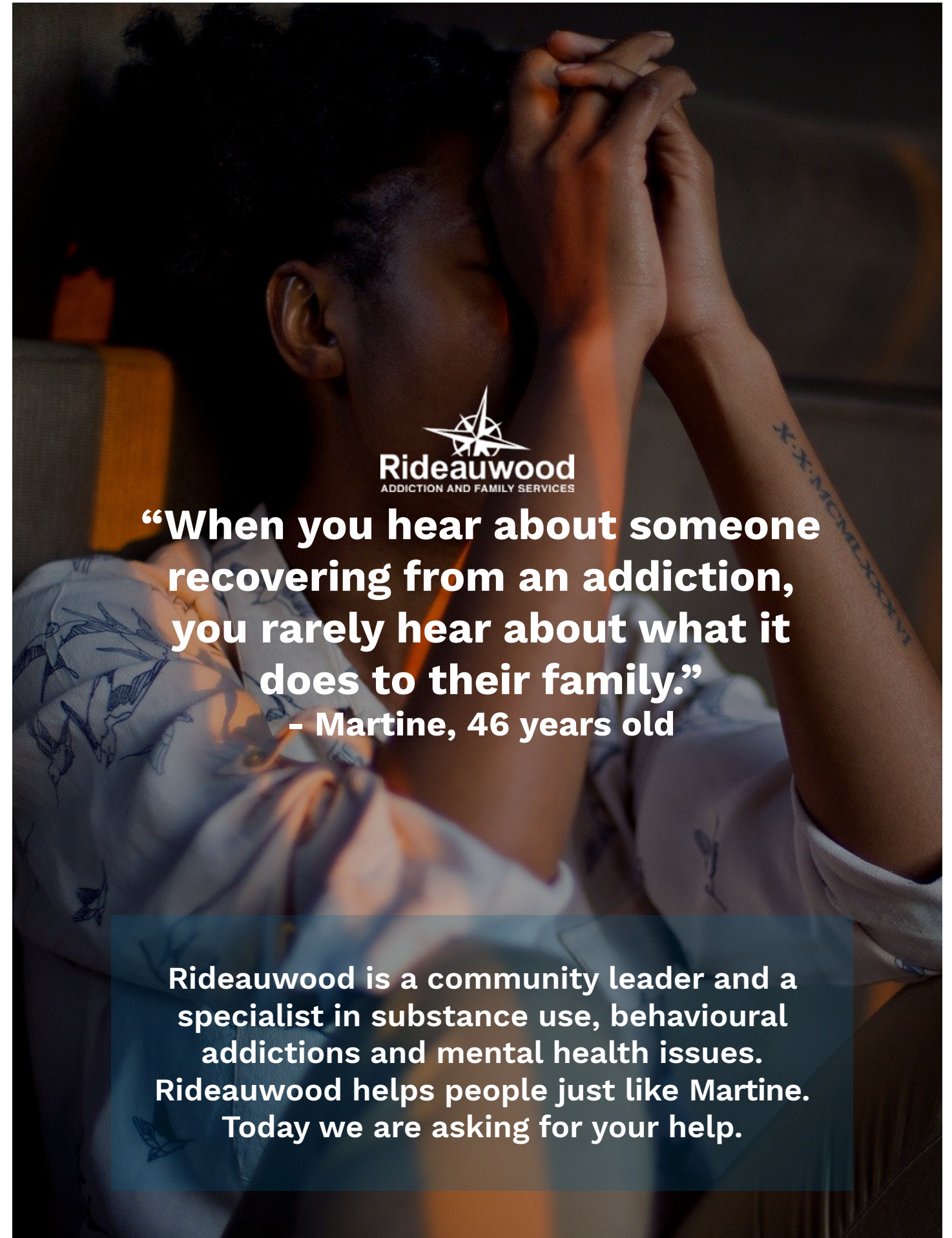


“Knowing that there were other mothers out there like me made me feel less alone.”



Rideauwood Addictions and Family Services

312 Parkdale Avenue, Ottawa, ON,
K1Y 4X5
(613) 724-4881
www.rideauwood.org



“When you hear about someone recovering from an addiction, you rarely hear about what it does to their family.”
- Martine, 46 years old

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

Martine's Story

My son Chris is 19 years old and he's been using almost every day since he was 15. I used to cry in the bathroom stall at work thinking about how bad a mother I am.

I noticed a change in Chris when his father and I got divorced. He got in with the wrong crowd. I started to notice a real lack of respect from Chris and it got the better of me. I threatened to kick him out but there was no way I could, and he knew that.

I broke down one day. Thankfully I was with my doctor. She told me that Rideauwood not only treats individuals suffering with addiction, but their families too. Thanks to Rideauwood, I've learned to set healthy boundaries and trust that Chris will find the right recovery option when he is ready.

Rideauwood. Supporting families 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

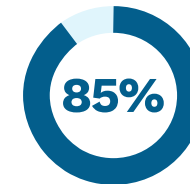
Rideauwood delivers prevention education sessions in schools across the region, every year.

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.