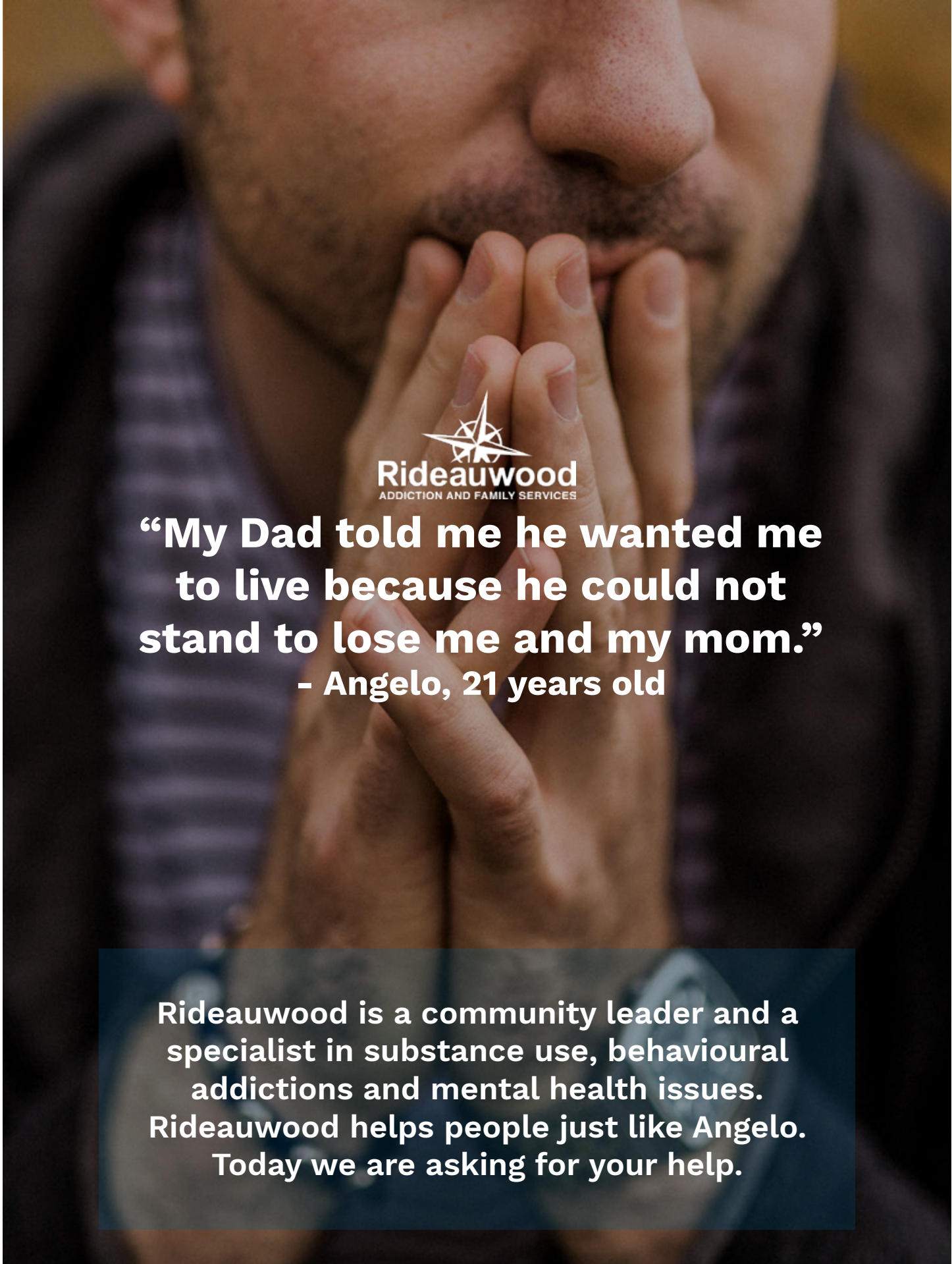




“After a year with my Rideauwood counsellor I found new hope. So did my dad.”

Rideauwood Addiction and Family Services

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



“My Dad told me he wanted me to live because he could not stand to lose me and my mom.”
- Angelo, 21 years old

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

Angelo's Story

In grade 10 mom died from lung cancer. I know she didn't want to, but she left me at a time when I needed her most. The pain was so bad. I started partying a lot because I felt better under the influence of something, but it came at high price.

One night, I ingested fentanyl and OD-ed at a party. When I woke up in the hospital, my dad was crying beside me. He told me he wanted me to live because he couldn't stand to lose me and my mom. I had to face my pain and I did that at Rideauwood.

With my counsellor, I learned about myself, acceptance and healthy ways to cope with pain. I can honestly say, "Rideauwood saved my life."

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

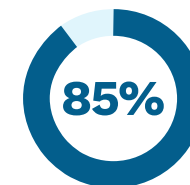
Rideauwood delivers prevention education sessions in schools across the region, every year.

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.