Wherever You Are in Your Journey, Support is Available

Are you 2SLGBTQIA+ and looking for a safe, affirming place of support?

Are you looking for support with your mental health and overall well-being?

Are you looking to build healthier coping skills and stronger ways of managing stress?

Would you like opportunities to build meaningful social connections?

Would being around animals feel calming or supportive for you?



Joining *Paws in Recovery* is simple and straightforward. Contact us to learn more about our programs and how we can support your mental health, well-being, and personal goals.



CONTACT US

Contact our team to learn more about our programs and how we can support your mental health, well-being, and personal goals.

Paws in Recovery also offers community presentations, hosts events, and welcomes opportunities for organizations and service providers to share information and present to our participants. To support our work, donations can be made through our website: **pawsinrecovery.ca**. For more information, contact us at **pawsinrecovery@gmail.com** or call **519-817-3735**.

Paws in Recovery

Windsor, ON



PAWS IN RECOVERY

HEALING WITH PRIDE, COMPASSION, AND CARE FOR THE 2SLGBTQIA+ COMMUNITY

"A Safe Space to Heal, Grow, and Thrive."

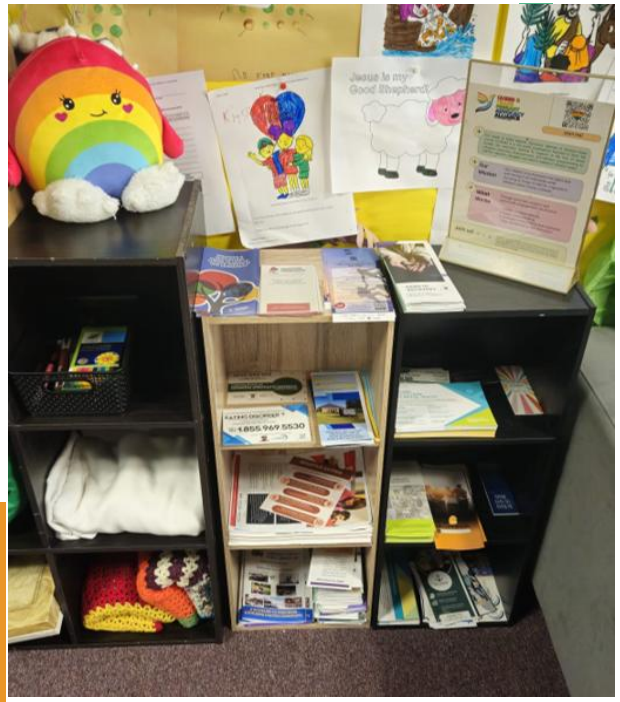
OUR APPROACH

Inclusive Care– *2SLGBTQIA+ affirming, safe, welcoming support.*

Community Connection– *Social activities, discussion groups, and opportunities to build supportive relationships.*

Animal-Assisted Support – *Participants are welcome to bring their own pets to support emotional well-being, reduce stress, and encourage connection.*

Life Skills Training – *Workshops on education, employment, and independent living.*



"I love that there is a way for all to contribute. A micro community within the larger community. I think that sense of purpose and belonging ties into recovery in a big way!" –Program Participant



WELCOME TO PAWS IN RECOVERY

A SAFE AND SUPPORTIVE PATH TO RECOVERY

Paws in Recovery supports the 2SLGBTQIA+ community by providing culturally safe, affirming services for individuals experiencing substance use, mental health, and other life challenges. Through peer support, recovery-oriented programming, resource navigation, and community connection, we help individuals build resilience, develop life skills, and access the supports they need to achieve their recovery and wellness goals.



JOIN US AT OUR DROP-IN

Wellness Wednesday

🕑 **6-9pm** Join us for wellness-focused discussions, peer support, skill-building activities, and community connection. 16+

Thursday Discussion & Social

🕑 **6-9pm** Enjoy meaningful conversations, peer support, board games, and social activities in a welcoming environment.

Friday Games Night

🕑 **6-9pm** Relax, connect, and have fun with board games, card games, and community activities.

MISSION

To promote health by assisting in the recovery of individuals affected by substance use and mental health challenges by offering education, counselling, mutual support groups, and designing customized treatment programs that creates a structured environment which incorporates animal-assisted therapy.

VISION

To promote health by providing a treatment and recovery facility for individuals affected by substance use and mental health challenges that addresses the unique needs of the 2SLGBTQIA+ community and to provide medical and social support services at the facility.