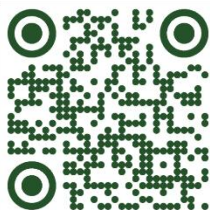
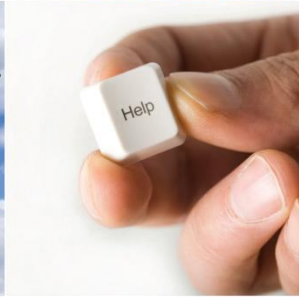


# oasis

ADDICTION RECOVERY &  
EMPLOYMENT SUPPORT



[www.oasismovement.org](http://www.oasismovement.org)

## BRIDGE TO STABILITY

6 Week Recovery Support Program

For People  
recovering from Drug or  
Alcohol Addictions who are in  
Need Life Stabilization Activities  
before returning to school,  
training and work.

Bridge to Stability helps individuals build balance, stability, and confidence as they move forward in recovery. This structured 6-week program combines workshops, group discussions, and one-on-one support to move toward personal goals.

- Personal Insight & Development
- Develop & Maintain Behaviour Change
- Open Topic Sharing Sessions
- Personality Dimensions Assessments
- Recovery Maintenance
- Relapse Prevention

The Bridge to Stability is intended for individuals who have achieved at least 30 days of abstinence from all mind and mood-altering substances and wish to remain clean and sober.

For intake information and any questions, please call or email us!

416-461-7739

[oasis.info@oasismovement.org](mailto:oasis.info@oasismovement.org)

921 Danforth Avenue, Toronto

½ block west of Donlands station