

SUPPORTIVE TRANSITIONAL LIVING IN RECOVERY (STLR)



Everyone's journey is different. We are here to help turn the thought of "one day I'll get help," into day one for adults to access the help they need to bring healing. We are committed to making everyone feel safe and supported.

Day One Society, in partnership with Canadian Mental Health Association Kamloops Branch, and Connective Support Society Kamloops provides **supportive recovery beds for adults at two locations in the city of Kamloops** through the Supportive Transitional Living in Recovery Program (STLR). The STLR program supports adults who are 19 years or older that have completed detox and ALREADY attended a treatment program and/or are connected to services through Interior Health, Mental Health and Substance Use, or other community resources such as Alcoholics and /or Narcotics Anonymous, Wellbriety, SMART recovery, counselling or other health focused activities with a focus on recovery.

Day One Society would like to thank the following funders/supporters of this program:



"My worst day clean is better than any of my best days high."

(Anonymous)

“Day One Society’s contribution as a starting point in stabilizing those who are suffering from active addiction before moving on to treatment/recovery centres is of great importance.”

(The Mustard Seed–Kamloops)

Supportive Transitional Living in Recovery (STLR) Program:

Day One Society’s STLR Program welcomes you to the next step of your recovery journey. In partnership with Canadian Mental Health Association Kamloops Branch and Connective Support Society Kamloops, the program provides supportive recovery beds for adults 19+ at two locations in the city of Kamloops –at a residential setting in downtown Kamloops and single occupancy residences on the north shore.

STLR Details

- STLR is a six month abstinence-based second stage program.
- Clients must be capable of a high level of self-care
- Clients must demonstrate mental and emotional stability.
- Clients must be suited to a communal living environment.
- Clients must be willing to actively participate in programming as it relates to their individualized treatment plan.
- An in-person interview/assessment is required in order to assess for program suitability.
- Programming includes:
 - 1-1 support
 - Community volunteering
 - Life Skills
 - Art, wellness and psychoeducational groups
 - Interior Health, Mental Health and Substance Use services
 - Support with education and employment needs

Program Costs

Housing is provided by our partner CMHA, Kamloops Branch and Connective Support Society Kamloops. Clients pay rent and damage deposit. Please contact the STLR Program for more information.



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