



Our Newsletter

Come as You Are

WOMEN'S ADDICTION SERVICES LTD.

Meet the Team!

We will walk alongside you to combat a life stuck in the world of addiction giving you the tools needed to move into your healthy lifestyle. We aspire to help you to break the vicious cycle of addiction.

From left to right: Anna, Kayla, Cyndi, Jandy, and Rowan



Visit our website to read more about each of our staff:

www.womensaddictionservices.ca

604-897-1779

Email: comeasyouare@womensaddictionservices.ca



My name's Jocelyn, my clean date is October 11, 2019.

Before I came to Come as You Are I was a very broken 24-year-old girl. I struggled with addiction for ten years. I came from a really good home but often felt like I couldn't fit in anywhere.

I struggled with anxiety as a teen and the feeling of hopelessness felt like a dark cloud hanging over me.

I nearly lost my life to my addiction and ended up in a detox centre. My family, desperate to get me help, called around and by the grace of God, someone recommended Come as You Are. From detox to Come as You Are I was still unsure If I wanted to get clean. I was willing to try though. I'm so glad I stuck around! Come as You Are was a safe place for me to understand my addiction. Life Skills class taught me so much! I looked forward to the classes

because they always left me in deep thought and reflection. The daily walks and meditation filled my soul and were a big part of my finding inner peace.

Today my life is better than I could have ever even imagined! I have so many fun hobbies I picked up. I love to rock

climb, go on hikes, and visit with my friends. I have such a fun job managing an ice cream shop kitchen. I'm in a loving relationship and treated well. I have respect for myself today

and choose to live life to the fullest free from drugs and alcohol.

The greatest gift I have is peace in my life today. I have found acceptance and through that, I have deep and meaningful connections in my life and am happy to be alive and live this beautiful life with joy and adventure.

With contentment and peace, Jocelyn

Jocelyn's Story

September is Recovery Month

We pray for anyone suffering in addiction to find recovery and achieve a fulfilling life.

We pray for comfort and hope for all the families with loved ones suffering in addiction.

We have availability.

Call to begin your new journey in recovery 604-897-1779