



NEW LIFE RECOVERY MINISTRIES PROGRAM PACKET

Program Packet Copy (To be signed and emailed to office@NewLifeCanada.org)

Letter:

Dear Friend,

We are grateful that you are looking for help dealing with the current challenges in your life! Thank you for considering New Life Women's Home as a place for your recovery. Since 1988 hundreds of women have come through the program at New Life finding **Freedom** from addictions and other life-controlling problems, **Faith** in the true eternal living God, and a **Future** vision, plans and relationships for one's life. We are excited to be working from our new campus built on this beautiful piece of property in 2022.

Our program is unique, comprised of staff that have faced and walked through their own challenges, completed training, and have committed to live and walk with those that come through our doors. We believe that chains of addiction and life-controlling problems can be broken through the power of God's love. Our own lives testify to God's transformational love. The program consists of instructional classes, education, church services, a work program and much more.

As you read this information and decide whether our Home is right for you, our prayer is that this would be the beginning of a journey for you; a journey that will ultimately lead to wholeness and health in **all** areas of your life.

The rules and the guidelines of the program exist to help you in your recovery and healing process. It is easy to put the "structure" of the campus on paper, but hard to write down the "feeling" and atmosphere of the campus. Here at **New Life**, you will find a loving and caring environment...a place to belong.

When you have carefully read this information packet, initial where indicated and sign the final page. We ask that you bring this signed packet with you to your intake interview. If you have any questions, our office will be happy to assist you during our regular business hours, Monday - Friday from 8 am - 4:45 pm. This could be the first step in your journey to freedom.

God Bless You

A handwritten signature in black ink, appearing to read "Marti Vanderk".



NEW LIFE RECOVERY MINISTRIES PROGRAM PACKET

New Life Women's Home is not a detox centre – it is a place of restoration.

Our in-residence Christian discipleship program restores dignity and promotes physical, spiritual, and emotional healing. Addiction and associated life-controlling problems are addressed as residents work towards recovery in a supportive, tight-knit community. Unique, hands-on experiences and vocational training equip them to become the productive, faithful women God intended them to be.

Days will be filled with joy and challenge as they work through recovery classes, learn about, and develop life-management skills, receive vocational training, and practice a healthy and active lifestyle. Program evaluations will keep residents engaged and committed to reaching their full potential and we rejoice in celebrating individual successes and milestones along the way.

Martin & Tina Vanderlaan

Martin and Tina first began their work with New Life Women's Home in 2020 after completing three years of intensive training in the operations of a faith-based residential recovery campus in New Brunswick. Their journey to becoming leaders in addiction ministry began 25 years ago, when Martin was first drawn to supporting people living with substance use problems.

Then, in 2016, everything changed when they heard God speaking to them.

Someone close to them was struggling with addiction and they felt called to help. Recognizing this person needed specialized support, Martin connected them to a recovery centre in New Brunswick dedicated to helping individuals with drug and alcohol problems. This was a pivotal moment: God had led them here to equip them to start their own ministry back home.

Together, Martin and Tina are leading a renewed vision for providing healing ministry to people whose lives have been seriously impacted by substance use and other life-controlling problems.

New Life Women's Home is a registered non-profit organization, governed by a Board of Directors.

OUR MISSION

*Living as an authentic Christian community. **Providing** a residential recovery program where those who have lost hope experience God's transforming love. **Receiving** freedom from chains of addiction and life-controlling problems, faith in the true eternal living God and a future for one's life.*

OUR VISION:

Generations set free from addictions and life-controlling problems through the power of God's love.

OUR LOCATION



543 Thrasher Road, Plainfield, Ontario, Canada

STATEMENT OF FAITH

Scripture

We believe the Holy Scriptures of the Old and New Testament to be the inspired word of God, the final authority for faith and life, inerrant in the original writings, infallible and God-breathed. **(2 Tim. 3:16-17; 2 Peter 1:20-21; Matt. 5:18)**

The Trinity

We believe in one true God, creator of all things. Eternal, infinite in power, knowledge, wisdom, love, and goodness. Perfect in holiness and unity, existing in three persons – Father, Son and Holy Spirit. **(John 17:3; Rev. 4:11; Deut. 32:4; Mark 12:29)**

God the Father

We believe in God the Father, perfect in holiness, infinite in wisdom, measureless in power. We believe that He concerns Himself mercifully in the affairs of humanity, hears and answers prayer, and that He saves from sin and death all who come to Him through Christ. **(Deut. 7:9; 1 John 4:8)**

Jesus Christ

We believe that the Lord Jesus Christ, the eternal Son of God, became man without ceasing to be God, having been conceived by the Holy Spirit, and born of the virgin Mary, in order that He might reveal God and redeem sinful man. We believe that salvation is a gift of God brought to us by grace and received by faith in the Lord Jesus Christ. We believe that the Lord Jesus Christ accomplished our redemption through His death on the cross as a substitutionary sacrifice, and that our justification is made sure by his literal, physical resurrection from the dead. We believe that the Lord Jesus Christ ascended into heaven and is now exalted at the right hand of God. **(John 1:1-2, 4; Eph. 1:7, 2:8-10; 1 Peter 2:24; Romans 8:34)**

The Holy Spirit

We believe in the Holy Spirit, who among His various ministries' convicts, regenerates, sanctifies, guides, heals, and empowers all believers through his continued indwelling and being upon them in power. **(1 Cor. 12:4-11; Gal. 5:16-23; Titus 3:5)**

Man

We believe that man was created in the image and likeness of God, but that through Adam's sin the race fell, inherited a sinful nature, and became alienated from God. We believe Jesus Christ will judge the living and the dead. We believe that everyone will be resurrected. Those who are saved will be resurrected to eternal life and those who are lost will be resurrected to eternal damnation. **(Gen. 1:26-27; Romans 3:22-23; 2 Cor. 5:9-11)**

Marriage

We believe God created man in his *own* image; male and female He created them for a procreative purpose and raising of a family unique to the relationship between a biological male and biological female. **(Matt. 19:4; Mark 10:6)**

Human Life

We believe that all human life is created by God in His image. Human life is of inestimable worth in all its dimensions, including pre-born babies, the aged, the physically and mentally challenged, and every other stage or condition from conception through natural death. We are therefore called to defend, protect and value all human life. **(Matt. 18:5-9, 19:14-15; Psalm 139)**

The Church

We believe in the church; the living spiritual body of which Jesus Christ is the Head of which all regenerated people are members. We believe that the Lord commissioned the church to proclaim to a lost and sinful world that He, Jesus Christ, is the Son of God who suffered and rose again from the dead on the third day, and that forgiveness of sins is available to all who put their faith in Him. We believe that a visible church is a company of believers in Jesus Christ, associated for worship, good work and fellowship. **(Matt. 28:19-20; Eph. 1:22-23; 1 Cor. 14:26; Acts 20:28)**

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Introduction to Our Program

Overview

New Life Women's Home offers a 12-month (*minimum*) residential program for women 18 years and older with addiction and life-controlling problems. Although we address the outward behaviour (such as drug/alcohol addiction, sexual promiscuity, self-abuse and other compulsive behaviours), we go to the root of the life-controlling problem and address the inward issue.

The program is structured to help hurting people; however, we are a discipleship program *first* and we believe when we turn and follow the Lord and His requirements for our lives, He heals our wounds. These requirements include submission to authority, honesty, discipline and commitment to holiness.

A potential resident must be willing to commit to completing the full (*minimum*) program.

Acceptance into the Program

Our program offers a loving environment that incorporates Christian education, Christian mentoring, worship, support groups, work therapy and service opportunities in a home setting.

The requirements for acceptance into the program are:

- The resident must have a life-controlling problem
- The resident must be **willing** to change and agree to follow the program
- The resident must be **able** to participate in all activities (Because we are not a clinical or medical facility, those with certain learning disabilities or mental or physical disorders may not benefit from the program.)
- The resident must complete the Student Application Form.
- If applicable, all copies of reports from mental health professionals must accompany the signed Program Packet.

Fees

Individuals entering the program are responsible for an entrance fee of \$1,000, as well any support income an individual receives will go directly towards room and board. Donations and other resources make it possible for us to offer the program to you significantly lower than the actual cost. We do not accept or reject an individual based on their financial capability. We believe that if we all do what we are capable of, there will be no roadblocks for anyone seeking help. Payment arrangements will be discussed at time of interview.

Structure of the Program

Support and Discipleship

The purpose of the support staff is to disciple the resident. Each resident will be assigned a support staff to meet with and work through their past wounds and struggles. Support will be provided to help with any appointments. If issues do arise on a day-to-day basis, residents are encouraged to go to their assigned support staff.

All our support work is based on biblical principles. We believe the Word of God is a rock-solid foundation with which to impart wisdom and support as found in Isaiah 61 and Luke 4:18:

"The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the afflicted. He has sent me to bind up the broken-hearted, to proclaim liberty to captives, and freedom to prisoners; to proclaim the favorable year of the Lord, and the day of vengeance of our God; to comfort all who mourn, to grant those who mourn in Zion, giving them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a spirit of fainting so they will be called oaks of righteousness, the planting of the Lord, that He may be glorified." (NKJV)

Because our residents may come from backgrounds of abuse (physical, emotional, sexual or self-abuse), we recognize their behaviour of today is an outworking of this abuse. The biblical basis for this is found in Matthew 18:1-14, which states that a child can be caused to stumble (sin). It also shows the compassion that Jesus feels. He truly cares and desires for all to be under His care.

Although a resident may have experienced hurts and pain in their past which was outside of their control, one-on-one support at the Home focuses on breaking the control of this hurt and if necessary, the cycle that it can create. Forgiveness is critical, and considerable time is spent on this area. As well, although not responsible for past occurrences, as an adult, the resident is responsible for her reactions and must realize she has a choice to continue her destructive behaviour or receive forgiveness and healing from it.

We recognize that understanding past hurts and wounds is helpful, but understanding is not the cure. The resident, to be willing to face these painful issues, needs to feel safe, secure and loved. This is why Jesus is **THE** centre of the healing process, and ongoing discipleship is the key.

We preach Christ crucified & risen again
and the power of forgiveness for the healing
of emotional, physical and sexual abuse.



Education

The formal education is a 12-month regeneration program of four separate modules: Orientation, Regeneration, Inner healing, and Discipleship, the last two months are a transition period. This is the resident's opportunity to re-establish her place back in society. Help is provided in job search, housing, and support relationships. Secondly, there is the educating that happens through doing life together; dorm life, work and Church, all play a significant role in the recovery of the resident.

Classes

Classes are daily and are an interactive type of class. In-house staff teach the main program material while guest teachers periodically will present a class that supports the healing of the residents.

Physical Education

Physical activity is an important part of a well-rounded life. Exercise activities are part of the general schedule each day.

Home Management and Personal Care

Residents are expected to share in the day-to-day chores of managing the campus. They are taught how to take care of a home and its furnishings. Students are also expected to take care of and manage their clothes and personal items. Classes on personal hygiene and care as well as classes on etiquette help prepare the residents for the future.

Crafts

During free time many residents enjoy participating in a variety of crafts. Staff and volunteer guests share their passions for different hobbies with residents.

Post-Graduation

After completion of the 12-month regeneration program, there is opportunity for the resident to consider applying for the Servant Leadership program at New Life, a 12-month leadership training program building on the foundation established in the regeneration program.

Health and Safety – Emergency Procedures

To provide a safe campus for all residents the following Health and Safety Policies are in place:

New Life Recovery Ministries is committed to preventing and reducing the risk of injury or occupational illness to all our staff, volunteers, residents and the accidental loss of any of its resources and physical assets.

In fulfilling this commitment to protect both workers and property, our leadership team is committed to providing and maintaining a safe and healthy work environment, in accordance with industry standards and in compliance with the Occupational Health and Safety Act (OHSA) and the Construction Projects regulation (O. Reg. 213/91). We will strive to eliminate any foreseeable hazards that may result in personal injury/illness or property damage and loss of production.



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We recognize while New Life Recovery Ministries and the appointed supervisors are directly responsible for health and safety in the workplace, that health and safety culture is created and shared between all workplace parties. All staff, volunteers and residents are expected to help us create a positive safety culture and help to minimize accidents on our campus and on our worksites. Safe work practices and job procedures will be clearly defined in our Operations Manual for all persons to follow.

Accidents can be prevented through good management in combination with active involvement by all persons. Safety is a direct responsibility of all managers, supervisors and outside contractors.

All management activities will comply with company safety requirements as they relate to planning, operation and maintenance of facilities and equipment. All staff will perform their jobs properly in accordance with established procedures and safe work practices.

Staff should inform director or designated person on duty and call 911 immediately to report suspicious people or activity around New Life campus.

The sink in the med room is designated as the place to wash and bandage cuts.

Immediately put gloves on when dealing with any cut where blood is present.

Use the First Aid kit located in the med room to clean and bandage minor cuts.

When attending a cut first wash area with soap and water, then wash with germicide provided in the first aid kit. Once the bleeding stops apply antibiotic cream (in the first aid kit) to the cut then bandage as needed (band aid or gauze wrap).

We trust that you will join us in a personal commitment to make safety a way of life.

Medical Issues

All medications are kept locked and dispensed under staff supervision at appropriate times. Support staff at the home will arrange for all necessary medical appointments. Medical professionals such as dentists are only available for emergencies. New Life Women's Home does not cover any medical expenses.



Student Privileges and Responsibilities

Visitors

Depending on the resident's situation upon entrance to the program, she may be restricted from contacting certain people for a period of time. These decisions are not made lightly and are enforced by the staff for the resident's well-being. There is a mandatory three-week waiting period before family visits can begin.

Off Premises Passes

During the 12-month regeneration program, there are no scheduled passes other than for Christmas. At Christmas, a resident that has been in the program for at-least 3 months can apply for a three-day pass to spend with family over the holiday season. The pass will be granted based on the resident's personal growth, and the safety/support of the home being visited.

Outings

There will be opportunities to attend church services at other locations on Sunday morning. On occasion the group will participate in recreational activities and events off-site as well.

Mail & Writing Privileges

We encourage residents to continue healthy relationships with family and friends. To that end all mail and packages (incoming/outgoing) are monitored by staff as deemed necessary. Residents will not have access to the internet during the duration of the program, except as required and permitted by staff.

Telephone Privileges

Residents can apply to receive or make calls at scheduled times. All calls are monitored by staff. If the resident needs to make long distance calls, they must have their own calling card which is kept in the resident's file in the office.

Punctuality

Residents will be provided with a weekly time schedule. All residents are expected to be punctual for all activities and meals, this shows respect and care for other residents and staff.

Media/Electronics

During a resident's regeneration program, the focus is on change. Therefore, all computers, cellphones, MP3 players, etc. should be left with family. These items will be put into locked storage until graduation otherwise.

Dress Code

All clothing worn by residents must be clean, modest and without offensive messages, images or symbols. Bathing suits are to be a modest one piece. Pierced ears and nose are fine; however, all other body piercing jewelry is to be removed before arrival. During the course of the program, no body piercing or tattooing is allowed.



Tobacco, Drug and Alcohol Use

Tobacco, vaping, illegal drugs and alcohol use is not permitted at any time during a resident's length of stay at New Life.

Food & Meals at New Life Women's Home

Mealtime at New Life is a "family affair" and a great chance to get to know one another in a relaxed environment. We often have guests at meals and these times are great opportunities for fellowship. These guidelines are put in place so that we can all continue to look forward to meals.

Portions

Portion sizes are based on Canada's Health Food Guide. Residents MUST eat what is served on their plate, this shows gratitude and respect. A resident may request a smaller portion.

Dietary Restrictions

If there is medical proof of an allergy or health problems that require a special diet, we will attempt to adjust our menu to meet a resident's needs. Please note, however, it is not always possible to provide specialty foods that a diet may require.

Eating Disorders

It is important to note that we are not an Eating Disorder Clinic and anyone who has severe medical issues and/or denial in this area would not benefit from our program. We will be addressing the root issue in this area, but it is our belief that if there is not a willingness to give up the outward behaviour, healing for the root issues will not occur.

Family Members

We know that the ripples of addiction and life-controlling problems impact entire families, so loved ones (usually a spouse or parent) will have the opportunity to join residents in a series of weekly discipleship classes. Coursework focuses on fostering understanding, forgiveness, and reconciliation. As families heal together, they will be equipped with the tools they need to build positive, healthy relationships going forward.

Onsite accommodations will allow an extended visit so that families can practice the skills they are learning in class as they enjoy meals, attend worship service, and spend quality leisure time together. This approach helps repair, redeem, and strengthen relationships so that a healthy support system is in place when residents return.

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Official Guidelines

1. No use of tobacco or vaping products will be permitted at any time. Violation of this rule is grounds for immediate dismissal.
2. Medications can only be used under the direction of Staff. All medication must be turned over upon admission. Possession of any drugs or alcohol is grounds for immediate dismissal.
3. We will practice proper personal hygiene by showering daily, brushing our teeth regularly, and wearing clean clothing every morning. If we need toiletries or clothing, we ask the dorm monitor or staff member.
4. Proper clothing must be worn on campus. Casual clothing for classroom, casual/dressy clothing for church services. Bring appropriate clothing and shoes for recreation and work program. No Tank-tops, mid-drift bearing, or cleavage bearing tops or dresses. Leggings are permitted as long as your shirt covers your butt. No short shorts, or jeans with holes in them. Dresses and skirts must extend to 1" above the knee. *For those that need help in this area we do have a clothing room.*
5. We do not borrow or lend personal belongings.
6. We are not to have any money in our possession at any time during the program. If we have extra money, we can give it to staff to put towards the canteen fund. Large sums of money have a way of taking us out of the program.
7. If single or divorced, we do not cultivate romantic relationships while we are a resident in the Regeneration Program. Romance and recovery do not mix. We do not engage in intimate conversation with men on or off campus or with the husbands of other women in the program.
8. Be courteous to others in the dining hall. Guests always eat first.
9. Everyone is to be in the dining hall on time for the blessing.
10. We do not remove food, cups, or glasses from the dining hall. The only permitted food and drink allowed in dorm room are water and wrapped candy.
11. We turn off all lights and fans, when not in use. No other electrical appliances are permitted in the dorm rooms.
12. We do not drive campus vehicles without permission. There are designated parking spots for campus vehicles. Oil, water and fuel should be checked every day before using vehicles and tractors.
13. Laundry is part of the daily Work Therapy. This will be assigned as a duty for some of the residents. A schedule will be followed by all residents for clothes and linen wash days. We change and wash our sheets weekly.
14. Privacy: Each woman's room is her home at New Life Women's Home. We respect her right to privacy. We do not take articles out of anyone's dorm room without her consent. Do not go into an empty dorm room that you do not live in.



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15. No electronics are allowed in the dorm. All time at New Life should be focused on our recovery.
16. Mail is distributed at the dining hall at supper time. We do not go to the office to get it. We do not remove mail from the mailbox.
17. We do not ask to use the phone, except in emergencies with permission. We learn to write letters; this is a necessary part of our growing.
18. There are no trips to town on weekends off while we are in the 12-month program.
19. Everyone must observe the scheduled "Quiet/Journaling Time", using their Bible and journal, nothing else is permitted. We do not hold conversations during this time. Everyone should be seated at a selected place, prepared for "Quiet/Journaling Time". New residents will have an assigned quiet time partner for the first 6 days.
20. No one is to be on any of the job sites past working hours without permission from a crew leader or staff member. This is for the safety of everyone.
21. Everyone is to come to class dressed and ready for work. There is a whole crew waiting on us, so we need to learn responsibility and be at our designated work area on time. Do not leave your work site during working hours, including break time without staff approval. No going into the dorms or rooms either for any reason unless you have approval from your crew leader.
22. We are up and out of bed no later than 6:30 a.m. Monday – Friday.
23. We make our bed every morning when we get out of it. We keep our dorm room clean at all times.
24. We do not invite guests to visit, eat meals, or stay overnight.
25. Undesirable literature is strictly forbidden. To renew our minds, we need to stop feeding it unhealthy materials.
26. We do not engage in extended conversations about our past life in alcohol or drugs ("war stories"). We have come to New Life to get away from that lifestyle, not to cultivate it. We talk about the present and the future, not the past. If we are having problems in the present that are directly related to a past memory, then of course this is permissible to talk about in order to receive ministry
27. Our progress in each of these areas will be evaluated weekly:
 1. **Room cleanliness** – by dorm monitor and staff
 2. **Class participation** – by teacher & small group leader
 3. **Work habits** – by crew leader & sociogram
 4. **General attitude** – by staff & sociogram
28. We do not leave the New Life Campus with visitors.

29. We do not drink coffee during work hours. We eat what is provided at mealtime, but we work when we work. Establishing a good work ethic is a vital part of rebuilding our life. A lack of discipline in our work habits reflects a lack of sincerity in our regeneration program.
30. The canteen hours are announced in the dining hall. Nothing is sold at any other time. We do not ask for special canteen privileges.
31. Sunday – Friday you are to be in your dorm room by 10:00 p.m. You may not go to bed before 9:00 p.m. Your lights are to be out by 10:00 p.m. No men allowed in women's dorms at any time. This includes but not limited to, husbands, fathers, brothers, and sons.
32. Godly confrontational skills will be taught and used in any disagreements. No arguing or fighting with staff members, SLT, volunteers or other residents. Physically assaulting anyone will be grounds for immediate dismissal.
33. Residents are not to possess any matches or lighters.
34. Residents must understand that all guidelines and rules cannot be recorded. We all work together to make sure each new resident understands her responsibilities. As a staff member is you are unsure about a rule.
35. The weekend begins Friday at 5 p.m. and lasts until Sunday at 5:30 p.m.

Classroom Rules

- Be on time for class at 8:50 a.m.
- All homework questions are to be completed.
- Sit up straight and pay attention.
- Raise your hand to speak.
- Always bring your Bible, journal, binder with paper, and writing supplies, all homework and journaling is to be done in pencil.
- Take notes.
- If you get sleepy, then stand up behind your chair.
- No horseplay will be permitted.

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LEGAL OBLIGATIONS

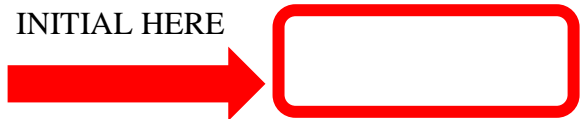
- All legal obligations and court proceedings must be rectified to a place where the resident's success is not jeopardized by having to leave the program.

MEDICAL CRITERIA

- We are not a medical facility, and we cannot provide medically supervised detoxification. Nor are we able to service persons with medical situations that would be considered "extreme", needing constant care, or continuous follow-up with medical professionals.
- Resident must be physically detoxed and able to participate in required daily activities prior to being accepted into the program. **Those unable to participate in daily activities will be dismissed.**
- Resident must disclose any physical, emotional, mental, or health conditions that might restrict or limit their participation in the regeneration program. **Failure to do so may result in dismissal.**
- Resident is responsible for any costs associated with off-campus emergency medical or dental care.
- Resident must be willing to have a blood screening test upon entry to the program.

MEDICATIONS

- All medications **MUST BE** disclosed on application form.
- Medications will be discussed with our intake staff at the admissions interview for approval.
- Upon acceptance into the program pre-approved medications must be turned in upon arrival.

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TYPICAL DAILY SCHEDULE

MONDAY – FRIDAY

7:00 | Breakfast

7:30 | Dorm chores

7:45 | Quiet Time

8:15 - 8:45 | Morning Walk

8:45 | Class Prep/Med Time

9:00 - 11:00 | Class and Small Groups

11:00 | Prep for Afternoon Work Therapy

12:00 | Lunch

12:50 | Circle Up

1:00 - 5:00 | Work Therapy

5:30 | Dinner

7:00 | Weeknight Functions (fellowship, prayer meetings, group assembly, sports, worship practice, homework)

10:00 | Lights Out

INTAKE INTERVIEW

Once a date is scheduled for your intake interview, we expect that you arrive ON TIME for your appointment. If late, your appointment may need to be rescheduled. It is not recommended to bring children during this process. Persons bringing you for your interview should be prepared to stay during the entire process which may take up to two hours. You will need to bring the \$1000.00 intake fee to the interview.

FAMILY VISITS

Visitation is allowed on Sundays, and is reserved for IMMEDIATE FAMILY ONLY: spouse, parents, grandparents, brothers, sisters, and children. Boyfriends are NOT considered immediate family. Strict guidelines are established for visitors and items they may bring. Weekend visits must be approved and scheduled before arriving on campus.

PROGRAM FEE

Individuals entering the program are responsible for an entrance fee of \$1,000. With donor support the monthly fee has been reduced to \$2500. Any support income an individual receives will go directly towards these costs. Donations and other resources make it possible for us to offer the program to you significantly lower than the actual cost. We do not accept or reject an individual based on their financial capability, and will work with individuals based on where they are at financially upon full disclosure. We believe that if we all do what we are capable of, there will be no roadblocks for anyone seeking help. Payment arrangements will be discussed at time of interview.



ITEMS TO BRING TO INTERVIEW

Due to limited space, the overall number of items brought in should be minimal. Residents can bring \$20 cash to be used toward their canteen fund.

- ❑ **IDENTIFICATION DOCUMENTS** Photo ID, Social Insurance Card/number, and Health Card
- ❑ **PERSONAL ITEMS** towels, washcloths, toiletries such as: shampoo, conditioner, soap, toothpaste, toothbrush, mouthwash (alcohol free), etc.
- ❑ **CLASSROOM SUPPLIES** mailing stamps, lined paper, pens, pencils, highlighters, wristwatch, Bible, and back-pack or book-bag, etc.
- ❑ **CLOTHING** All clothing worn by residents must be clean, modest and without offensive messages, images, or symbols. Bathing suits are to be a modest one piece. Casual clothing for classroom, casual/dressy clothing for church services. Bring appropriate clothing and shoes for recreation and work program. No Tank-tops, mid-drift bearing, or cleavage bearing tops or dresses. Leggings are permitted as long as your shirt covers your butt. Short shorts, or jeans with holes in them are not permitted. Dresses and skirts must extend to 1" above the knees. *For those that need help in this area we do have a clothing room.* Pierced ears and noses are fine; however, all other body piercing jewelry is to be removed before arrival. During the program, no body piercing, or tattooing is allowed.

- ❑ **OPTIONAL ITEMS** rain boots, rain jacket, sunglasses, water bottle, hat.

PROHIBITED ITEMS

At New Life Women's Home, we strive to create an environment that protects all individuals and cultivates growth in the residents. Therefore, staff reserve the right to make discretionary decisions concerning items. Violators of these prohibited items are subject to immediate dismissal.

- X Drugs, alcohol, non—approved medication
- X Anything containing alcohol: mouthwash, etc.
- X Pocket knife or any item that could be considered a weapon
- X Cell phone, smart watch, camera, computer, C.D. Player, iPod, Radio, or any other technological device.
- X no facial or body piercing jewelry allowed (except ear piercing)
- X No tobacco, eSig's or Vapors
- X No bath salts
- X No energy drinks, diet aids, supplements, or powdered drink mixes
- X No protein bars or any other "weightlifting" supplements
- X No loose powder of any kind
- X No playing cards or games – board games/cards are available on site
- X Non approved secular books or magazines
- X No personal vehicles.



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PLEASE SIGN TO VERIFY THAT YOU HAVE READ THE PROGRAM INFORMATION PACKET

Name Print: _____

Signature: _____

Date: _____

PLEASE EMAIL OR MAIL THIS SIGNED PACKET TO

office@NewLifeCanada.org

New Life Recovery Ministries

Attention: Program Packet

543 Thrasher Road

Plainfield, ON

K0K 2V0

OR

BRING IT WITH YOU TO THE INTAKE INTERVIEW