

# TOGETHER WE HEAL

ANNUAL REPORT 2016



*Providing Solutions That Recover Lives*

**FRESH Start**  
RECOVERY CENTRE

"Ring the bells that still can ring, forget your perfect offering,  
there is a crack in everything, that's how the light gets in."

**Leonard Cohen**

# The Art Of Wholeness

“The world breaks everyone, then some become strong at the broken places.”

Ernest Hemingway

Our cover of this year's annual report features Kintsugi ("golden joinery"), also known as Kintsukuroi ("golden repair"), the Japanese art of repairing broken pottery with gold, silver, or platinum. Many Japanese cherish the imperfection of a broken pot repaired in this way, seeing it as a creative addition to, or re-birth of the pot's life story. Others say that when something has suffered damage and has a history, it becomes more beautiful.

We have all experienced brokenness: broken homes, trauma, broken hearts, broken relationships, lost loved ones, ill health, betrayals and broken dreams. None of us can escape the pain of being broken. Last year was particularly hard on our community. We saw many break and we also saw many great acts of courage and healing.

Reaching out and being part of the community was a turning point for many to mend their brokenness. Together we break and together we heal. Reflect on your own life and notice how every crack has made you more beautiful, more resilient and perhaps more loving and focused on what's right. It reminds us that the goal is not to hide the scars or pretend that the broken places never existed but rather to find healing for those broken places so that our healed wounds become a gift to the world around us. We may never fully arrive at that place in life, but it's a goal to work toward. It is also a theme for life, faith, recovery and healing.

Join us in finding ways to create beauty through mending in your own life, relationships and the world so together we can grow stronger. The world can use more Kintsugi craftsmen and fewer disposables.

Front Cover Image Credited to Bruno Capolongo  
Double Dragon  
2015

Acrylic on mounted panels  
36 x 36 inches

<http://www.brunocapolongo.com/>  
<http://www.mrfinearts.com/>

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Alone we  
can do  
so little;  
Together  
we can do  
so much.

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## Message from the Executive Director

On behalf of Fresh Start, we present our 2016 Annual Report. 2016 produced many triumphs and tragedies inspiring the fitting theme of “Together We Heal.”

While many of our friends and families struggled economically, we also witnessed goodness and kindness. We saw perseverance from individuals and families as communities banded **together** to help one another, like in Fort McMurray where fires devastated that city, yet an inspired province rose to help and open their hearts and homes.

**Kintsukuroi** embodies the strength, endurance, love, connection and resiliency we’ve experienced this past year. The 2016 fentanyl crisis was - and continues to be - surreal; taking lives almost every second day in Calgary. Fielding call after call from families who had lost loved ones to this drug was heart wrenching, yet somehow these same families mustered a resiliency many would be hard pressed to match.

With your help, we’ve been part of a critical mass of awareness surrounding addiction and recovery and as part of large groups that mobilized to advocate for changes in policy and resources to create greater health outcomes. You’ll read more of this in our section on Advocacy.

In the late 50s, addiction was recognized as a disease. Since then, much irrefutable evidence has emerged to support addiction as a chronic brain disorder. **As a health crisis; NOT a moral failing.**

Astonishingly, while we advocated for greater resources to address surging demand, we were met with funding cuts and again you and many others mobilized to support recovery. Individuals, corporations and foundations stepped up to make treatment possible for hundreds of individuals.

But much work remains. We know recovery works, saves lives, heals families and rebuilds communities. Without you, we couldn’t do this work. Thank you! Thank you for your help!

As we move forward through our **25th year of recovering lives, your support** will continue to be vital to helping us grow, adapt and meet the needs of those seeking recovery in our community. In response, we are increasing our second stage housing and developing a social enterprise positioned to help even more people succeed. You make this possible.

I am overwhelmed with gratitude for you and everyone who has ever participated in anything we’ve ever done. Thank you for believing in us, making a difference, being a part of the solution and for not giving up on recovery.

Everyone deserves another chance at a better life. Here we introduce you to some of the men and families that you have given another chance to as they share the story of their healing journey of recovery for a better life.

If you’re new to Fresh Start, **welcome to the Family.** If not, **welcome back.**

If you’ve asked yourself, “How can I help?” “How can I make a difference?” the answer’s simple— call us, visit us, support our work and share the message of recovery!

You are the gold that bonds the broken pieces of pottery.

**As you read, consider yourself a recovery artisan.**

In Service,



**Mr. Stacey Petersen, RSW**  
Executive Director

“We know recovery works, recovery saves lives, heals families and rebuilds communities; without you, we couldn’t do this work. Thank you! Thank you for your help!”

### MISSION:

Fresh Start is recovering lives by Housing, Treating and Supporting people affected by addiction.

## Message from the Board Chair

As Board Chair of this award-winning treatment centre, I've seen how circumstances outside of our control can shatter dreams. I've also seen how adherence to a few simple, but powerful, steps will help people put the pieces back together.

2016 was one of the most challenging years we've faced in decades. Oil prices tanked below \$30 per barrel triggering massive layoffs in the energy sector. The trickle-down effect in other areas of the local economy impacted service jobs, restaurants, commercial and residential real estate and small business, fueling an unemployment rate above ten percent.

Two short years earlier, oil was above \$100, jobs were plentiful, residential and office vacancy rates as well as unemployment figures were all in the low single digits and prices on goods and services were skyrocketing.

Looking back, the prosperity of 2014 set the stage for devastation in 2016. Individuals and families suddenly experienced unmanageable, traumatic situations including job loss, loss of home and possessions, loss of position, pride and dignity, increased economic uncertainty, family conflict, strained relations, family dissolution and isolation.

Fresh Start helped me appreciate that trauma is a key contributor to and isolation is a key indicator of, addiction. Denial and the "who in their right mind?" mentality, are good signs that someone is struggling with addiction.

When the insanity of the disease of addiction becomes overwhelming and all that remains is some faint hope of something better, that's when people turn to Fresh Start to help them begin their journey of recovery.

For many, Fresh Start IS their last hope. In 2016, almost twice the number of people looked to Fresh Start for recovery compared to those in the wake of the 2013 floods. Our wait list

hit a one-day record with 211 men waiting for the treatment. Sadly, four men died as they waited.

Many come to us "broken." Your support helped our team work with these people to put the pieces of their shattered lives back together, making them better and stronger than before. Together, we healed.

As Fresh Start faced unprecedented demand for services in 2016, your support helped a greater percentage of people maintain their recovery throughout the year and achieve a full year of successful recovery (55% compared with 51% in 2014).

You are not alone in making recovery possible and affordable for so many. ALL of my fellow board members and many of the Fresh Start staff have also invested their time, talent and financial resources. I'm grateful to my fellow board members Dale Burstall, Dr. Stephanie Borgland Charlene McLaughlin and Wilfreda Thurston for their ongoing dedication; to Bruce Wilson and Murray McGown for their past dedicated service as they step down; and to Glen Rumpel, Jan Gryckiewicz and Bruce Covernton for joining Fresh Start's board in late 2016.

**We join you as the glue that holds us together and makes us stronger so we can heal together.**

Gratefully,

  
**Mr. Craig Borgland**  
Board Chairman



“ Many come to us “broken.” You helped our team work with these people to put the pieces of their shattered lives back together, making them better and stronger than before: Together, we healed. ”

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**VISION:**  
Every Individual –  
Recovery for Life

# Looking Back



**2013**

In 2013, Calgary was hit with a 100-year flood. A natural disaster that few, if any living person in our city, had experienced before. The reaction from the community was not to buckle from the weight of the catastrophe but to band together, help those most affected and come through the whole experience stronger and with closer ties to each other.



**2015 - 2016**

Another disaster began to form in 2015 and escalated through 2016 in Calgary. This disaster was economic in nature and a sudden and prolonged drop in resource prices caused mass layoffs in the oil and gas sector and the unemployment rate climbed to its highest rate in 23 years. This downturn impacted many families more deeply than we have seen in decades creating uncertainty, fear and trauma.



There is a strong link between trauma and addiction. Many people turn to drugs and alcohol in the short term to numb their emotional pain. Prolonged “numbing” eventually gives rise to addiction.

The headlines from 2016 and early 2017 indicate that Calgary may be headed toward another type of disaster, this one man-made. With your help, we can prepare for the flood or we can be proactive so that together, we can heal.

## Jobless rate in Calgary reaches 10.2%, highest since 1993

Unemployment figure in Edmonton heads in other direction, drops to 6.9%  
*CBC News: Nov 04, 2016*

## Alberta downturn changing the way people drink and gamble

AGLC says Fifth straight year of increase in volume of liquor sales  
*CBC News: Jan 06, 2016*

## Alcohol sales reach record level in Alberta with 6% spike

Sales at liquor stores and other outlets jumped to \$2.5B  
*CBC News: May 11, 2016*

## Liquor sales in Alberta hit new record, in spite of downturn

*Calgary Herald: May 11, 2016*

	ECONOMIC	DOWNTURN		FLOOD
	2016	2015	2014	2013
One Day Wait List Peak	211	183	110	174
Total Wait List for Year	961	913	685	485
Stopped Calling	770	738	458	49
Died While on the Wait List	4	3	2	1

“Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work; you don’t give up.”

~ Anne Lamott ~

# Friends Give Recovery That Extra Mileage

What began as a casual conversation at our 2015 Christmas Open House, evolved into a wonderful act of generosity. **The McCook Family** learned that Fresh Start's "big van" was becoming a money pit for gas and maintenance costs but was a vital part of recovery for so many men. They offered to purchase a 15-passenger, 2015 Ford Transit T350 van.

**The Driving Force** worked with the McCooks on the deal to make sure that Fresh Start had the best value for the money. Larry may have ground them a little too. Then the van went to our friends at **Ink'd Graphics** for wrapping.

This gift from the McCooks was added to our fleet of two mini vans and a cube van and together these vehicles travelled 50,563 km transporting men to and from AA, NA and CA meetings to further support their recovery. We drove men to volunteer at fundraising events to help supplement their program costs.

We took the men to **East Side Mario's - Sunridge** for a donated dinner to celebrate their "gratitude;" shuttled supporters and friends from the **Centre Street Church** parking lot to our facility and back during open houses and special events; and picked up weekly donations of food from the

**Calgary Food Bank's Food Link** Program or donations of premium grass-fed beef from **Creekside Farms** and **C5 Ranch**. We also picked up food using gift cards donated by **Professional Excavators** and from the **Calgary CO-OP Community Foundation**.

On the first official trip with the van, we took the McCooks to the airport to pick up some of their dear friends, in style.

We are grateful to the McCooks for their generosity and to all of our friends who have helped to make the bumpy road to recovery smoother.



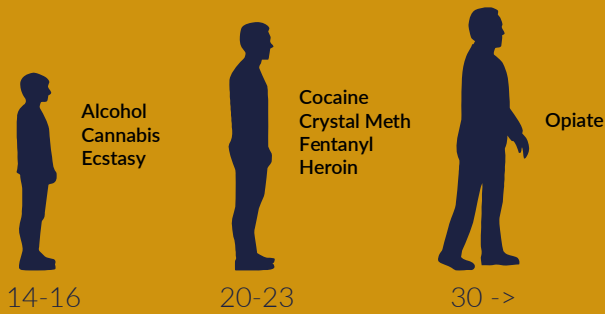
**CALGARY  
FOOD BANK**



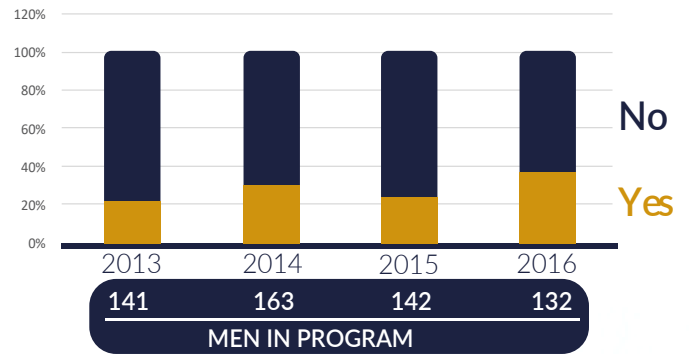
**PROFESSIONAL  
EXCAVATORS & CONSTRUCTION INC.**  
Since 1975

**CO-OP**  
*Community Foundation*

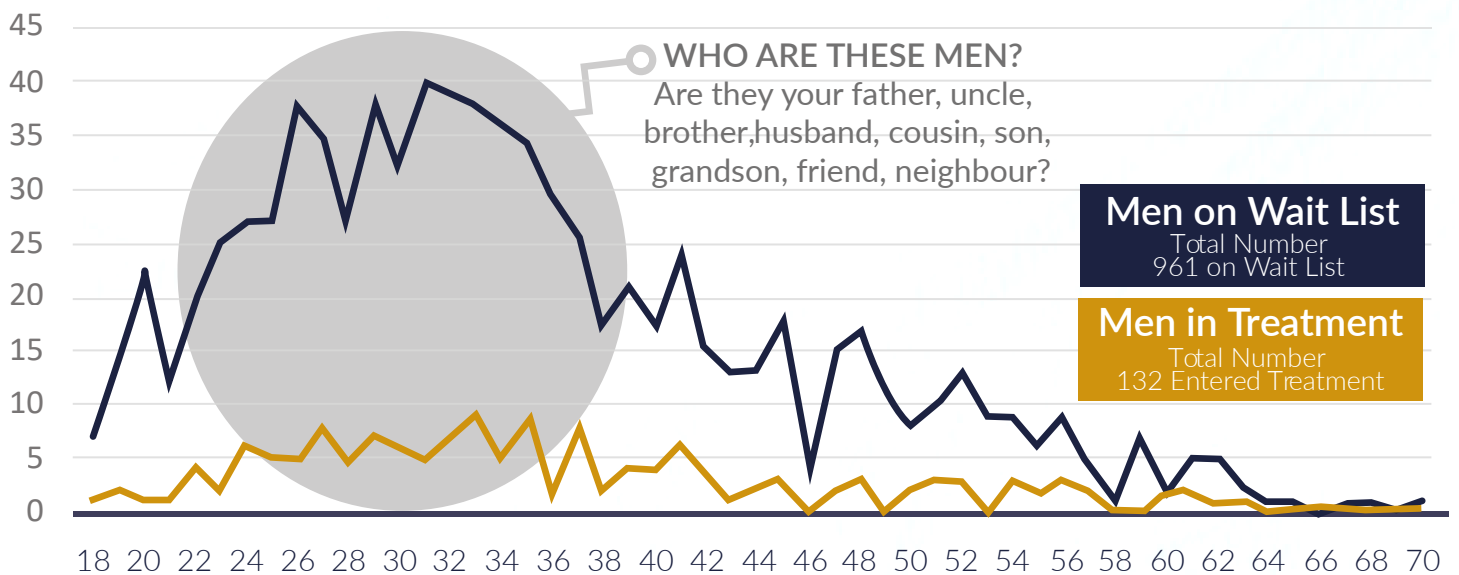
### Age of First Use for Primary Drug of Choice



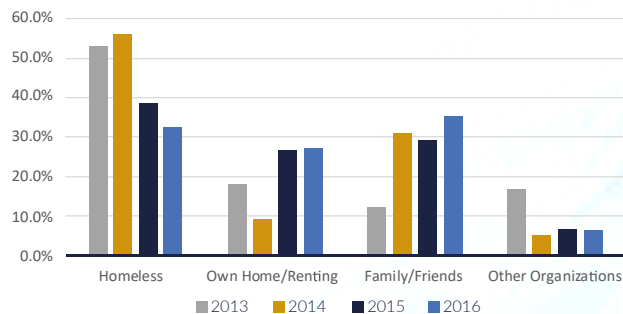
### First Time in Recovery



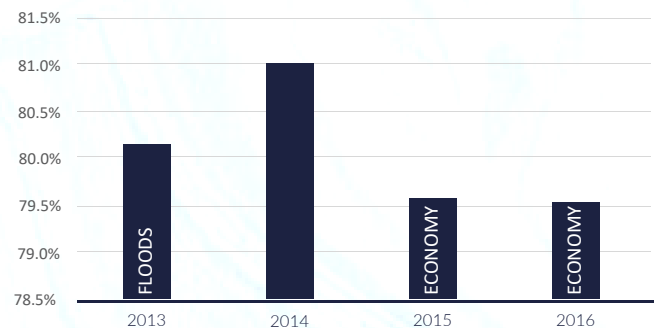
## Distribution by Age - On the Wait List and In the Treatment Program



### Where Do They Live While on the Wait List



### Completion Rates



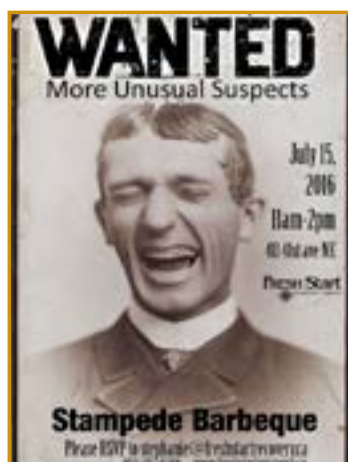
“ Where there is life there is hope. ”  
~ Ron Grover ~





## Events

Many events take place in and around Fresh Start and we are blessed to have a wonderful base of support and grateful that you are part of our family. In 2016, on two separate occasions, **Robb Nash** and his band played to a packed house in Rumpel Hall. They travel the country, inspiring people to embrace life and continue with or seek recovery. Many of their school tour dates facilitated the surrender of suicide notes from troubled teens. Great Big Sea co-founder and now solo artist **Séan McCann** (pictured above) spoke of his road to sobriety and shared old and new songs with the guys. "**Richard Glen Lett (AKA Optimus Rhyme)** – a great comedian and spoken word artist - came by and delivered his "Sober But Never Clean" Pilgrimage! Show."



Coincidentally, all three friends have appeared on the cover of **Stigma Magazine**, a publication that Fresh Start regularly contributes to.

In addition to supplying food items throughout the year, our community partners **Cedars Deli**, **Spolumbo's Fine Foods & Deli**, **Urban Green Produce Inc.** and **GFS (Gordon Food Services)** make sure that our guests and residents have great quality food at our events and **RONA** is always around if we need some last-minute supplies. Our 12-Stop Ride is by far the most interactive with promotion starting in January with the help of the **Two Wheel Sunday** committee and sponsors like **Mark's Commercial**, **Canadian Rangeland Bison & Elk**, **Spolumbo's**, **Kane's Harley-Davidson**, **Lucid Kustoms** and **Palmer Salmon Insurance** helping us deliver the fun and **the Calgary Herald**, **Calgary Sun**, **CTV – Calgary** and **Belt Drive Betty** helping to spread the news and draw participants.



Ralph Watson Photography

We are grateful for some prestigious "3rd Party Events" that our friends involve us in such as golf tournaments hosted by **Local 496 Plumbers & Pipefitters Union**, the **Teamsters Local 362** and **HighRock Energy** as well **Calgary Motor Dealer's Association (CMDA's) Vehicles & Violins Gala**.

Fresh Start teamed up with **The Alex** and **Children's Cottage Society** for the 2016 Vehicles & Violins Gala for a record breaking year made possible by several individual donors and corporate friends, such as **Moneris Solutions**, **NOtable**, **The NASH** and **Burger 320**, among many others. One of the highlights was an "experimental" pre-event draw for a one week stay at **Villa Carolina Boutique Hotel** in Zihuatanejo and **WestJet** airfare by **UNIGLOBE One Travel - Calgary**, that sold out before the event even started.



Doug Wong Photography

We have several "in house" events throughout the year, most notably our annual Panel Discussion (back cover), Stampede Barbeque, 12-Stop Ride for Recovery Motorcycle Road Rally and our Christmas Social.

# Mike Machuk's Fresh Start: A Life Worth Living

In one of his darkest moments, Mike fell across the railroad tracks while intoxicated and an oncoming train ran over his legs. Amputated just above his knees, his life is now punctuated by the loss of his legs.

Addiction has been part of Mike's life since he was a teenager - his mom died tragically of addiction as he was trying his first hit of cocaine and playing with alcohol. After miraculously surviving the train accident, he fell into a deep depression and finally decided to seek help. Unfortunately, nothing worked. Mike went through four or five treatment centres, knew the AA program by heart and still wasn't clean.

In 2011, as he was attending his last unsuccessful program, Mike's dad passed away, also from addiction. The hopelessness Mike felt after learning that he was now truly alone, without any family left to support him, was overwhelming; and what was worse, he still needed help. Mike needed a treatment centre that addressed his drug addiction from a wholistic approach and it had to be wheelchair accessible.

Your support helped change Mike's life forever the moment he entered Fresh Start. Being wheelchair accessible, Mike was able to attend and live at Fresh Start, giving him a second chance at life.

At Fresh Start, Mike began doing things he never dreamed of. He began walking on the treadmill with his prosthetics. Then, Mike discovered a new passion, Sledge Hockey. After much practice, he was invited to Team Alberta tryouts and with them he was eventually named Most Valuable Player at the 2015 Western Canada Sledge Hockey Tournament.

Because you were there to help, Mike now has new opportunities every day. He lives on his own, has a successful career and enjoys sports and friendships. Of course, it's not easy. Depression is very difficult and Mike has to work hard and keep busy to avoid falling into isolation and self-pity. But, he has a life worth living and hope for a brighter future in recovery.

Fresh Start saves lives. With your support, the Fresh Start program helped Mike find recovery and it continues to support him today. He attends three meetings per week and knows that if he's in trouble, he can always come home. "If it wasn't for Fresh Start, I think I'd be dead," says Mike.

Fresh Start helps get people off the streets and guides them to discover what it's like to be happy again.

At Fresh Start, the alumni are an important, powerful part of the program. About 95% of the people who work at Fresh Start, in addition to the paperwork on the wall, are in long term recovery, offering their stories and support to the residents. Mike also does his part, speaking at recovery days at the house and Narcotics Anonymous. Mike is definitely a recovery artisan...



“Suffering has been stronger than all other teaching, and has taught me to understand what your heart used to be. I have been bent and broken, but – I hope – into a better shape.”

~ Charles Dickens ~



# Together We Heal at Work

It was not surprising to us to learn that the 2016 Canadian Life in Recovery survey showed 75% of people that are addicted also hold down jobs and are highly educated.

Mental health disability - which includes addiction - is the fastest growing health-related disability in Canada and has been for over 20 years. Even though addiction was recognized as a disease in the 1950's, many people continue to cling to the misconception or stigma that this issue is the result of a lack of will or desire to be sober. The truth is that drugs and alcohol may start

out as an escape but eventually they hijack the brain and few can get well by free will alone. While some might escape their drug or drink of choice for some time, real recovery is an inner exploration.

Conversations around mental illnesses are starting to take place and be recognized in the workplace as a legitimate health concern.

From the front-line to managers to CEO's, workplace wellness remains a serious issue. Unfortunately, those who suffer from the disease of addiction are still not always viewed through a

compassionate lens. Addiction impacts more than just those afflicted and their loved ones. Addiction spills over into every area of life and, given that we spend more than half of our lives in our workplace or at work related activities, the chances are great that an employee in active addiction can have an impact on the workplace. More than ever before, employers are asking how they can help their employees.

Employees are also starting to recognize that they need help long before they lose their jobs.

**So how can employers reduce their own costs while helping ensure that their employees can be healthier and more productive?**

One significant step any employer can take is to establish or strengthen their Employee Assistance Program (EAP) to include addiction treatment. These programs work with human resources departments to help employees focus on their own wellness in a variety of ways, including:

- **Promoting** alcohol and drug addiction prevention in the company and fostering conversations around recovery and wellness.
- **Supporting** employees struggling with addiction by offering counseling, assessment and/or referral to qualified treatment programs.

For an EAP to work well, it is essential that it be:

- **Confidential** - It must be a safe place for employees to go for help.
- **Educational** - It must also help train managers to recognize what employees are dealing with, support employees in making healthy choices and foster conversations that help them get the help they need.

**What about care following treatment?**

Follow-up and accountability after the fact are essential. Fresh Start's Outreach Counsellors provide intensive support, case management and monthly verification letters outlining adherence to the recovery plan.





# From Fairway to Trap and Back on the Green in 12 Steps

## CHASE'S STORY

Chase was a vibrant young man, born and raised in Calgary. When Chase was 10, he discovered and fell in love with the game of golf. Over the next five years, Chase's passion, dedication and tireless drive helped him develop into one of the top young golfers in Canada. In the spring of 1999, Chase was invited to play in the Canadian Junior Golf Association's Buick Junior Tour World Cup qualifier at Heritage Pointe Golf Club. Chase won and was invited to join Team Canada in Scotland on the oldest course in the world and was instrumental in helping team Canada win on St. Andrews soil.

Chase's success at St. Andrews caught the attention of the golf world and some big universities in Florida and California began talking about golf scholarships. Chase's future in golf seemed like a "sure thing."

Later that same year at a Halloween dance, Chase tried alcohol and pot for the first time. He discovered his second love! This combination made him loud and obnoxious and soon he was expelled from school.

Chase's parents, Larry and Diane, were terror struck and tried everything they could to get Chase away from alcohol, back in school and on the golf course. Golf was easy but the other two were more challenging.

Chase's ego and sense of entitlement had him bouncing in and out of schools so he decided to complete high school by correspondence. This meant that he was ineligible for scholarships and his "sure thing" became questionable.

For the next four years, Chase controlled his drinking and got serious about golf. He went to the David Leadbetter Golf Academy, hired Artie McNickle as a coach and played the Gateway Tour in Phoenix and PGA West in Palm Springs to improve his game. This worked and in 2009, Chase was ranked 34th and 31st in 2011 for the Canadian Tour Qualifying. While Chase's game and confidence improved, his alcohol consumption also increased and progressed to a daily occurrence. Chase's dream of being a professional golfer once again faded.

Several attempts at recovery failed because Chase refused anything 12-Step related.

Then finally came the sweet surrender. He came to Fresh Start broken but willing. Chase completed one 16-week program, relapsed and returned almost immediately. After completing the second round, his attitude changed dramatically. He found acceptance of his disease and came to believe that he didn't need to fit recovery into his life but rather needed to fit his life into recovery. He began to get things right and experienced growth and peace.

Chase has learned to live life one day at a time and is experiencing the gifts that come with a life of recovery. He has found out that it's not just about abstinence, but about honesty, integrity, doing the next right things and service. He has a great relationship with his family and is pursuing a new career in personal training.

Chase has found his niche in working with others.

**1** When Chase was 10 he discovered and fell in love with the game of golf.

**2** In the Spring of 1999 Chase was invited to play in the Canadian Junior Golf Association.

**3** Chase's success at St. Andrews caught the attention of the golf world. Chase's future in golf seemed like a "sure thing."

**4** Later that same year, Chase tried alcohol and pot for the first time.

**5** Chase's parents tried everything they could to get Chase away from alcohol.

**6** Chase decided to complete high school by correspondence.

**7** For the next four years, Chase controlled his drinking and got serious about golf.

**8** While Chase's game and confidence improved, his alcohol consumption also increased and progressed to a daily occurrence.

**9** Chase's dream of being a professional golfer once again faded.

**10** Several attempts at recovery failed because Chase refused anything 12-Step related.

**11** Then finally came the sweet surrender. He came to Fresh Start broken but willing.

**12** Chase has found his niche in working with others.

**"Your illness does not define you.  
Your strength and courage does."**

*~Unknown~*



# Parents Find Recovery Too



With golf scholarship buzz in the air, Diane and Larry Cronk were excited for their oldest son.

His disease of addiction shattered those dreams and this caused them a great deal of pain, disappointment, regret and even guilt over the years as they tried to help Chase overcome his alcoholism and recover his life.

Looking back, the Cronks realized their first attempt to help Chase when he was 16, did more to turn him away from recovery than it did to get him on the right path. They offered him \$1,000 to see a "life coach," then took him to a treatment centre creating huge trust issues. The second time in that facility, he was stripped down and left naked in a room for two days. Rather than breaking his spirit, it drove him from recovery.

When Chase was two years old, Larry decided to stop drinking. Larry found a sponsor, began a 12-Step program and he has remained sober ever since. Chase's daily drinking broke Larry's heart.

When Chase sought recovery on his own, he said, "I'm not going to do the same things my Dad did," meaning that he was not going to have anything to do with the 12-Step Program, sponsors or meetings.

Larry says that Chase was a "master manipulator" and that he had his parents guilted into believing that they were the reason that he was an alcoholic and that they were somehow responsible for all his misfortune.

Diane mentioned that when Chase was considering Fresh Start, he was also considering another place, too.

That place denied him based on his credit score but "Fresh Start welcomed him with open arms and their only criteria was that Chase wanted recovery and was willing to do the work. We are grateful for that and for discovering your Family Healing Program (FHP)."

The Cronks both say the FHP marked a huge turning point for them individually and as a couple. They learned a lot and found relief that Chase's disease was not their fault.

"We felt as though a huge weight had been lifted from our shoulders and our souls."

Diane maintains that, "The program is an invaluable recipe from beginning to end for clients and family members. It is second to none." Larry says, "The FHP Binder is equivalent to the Big Book for Families."

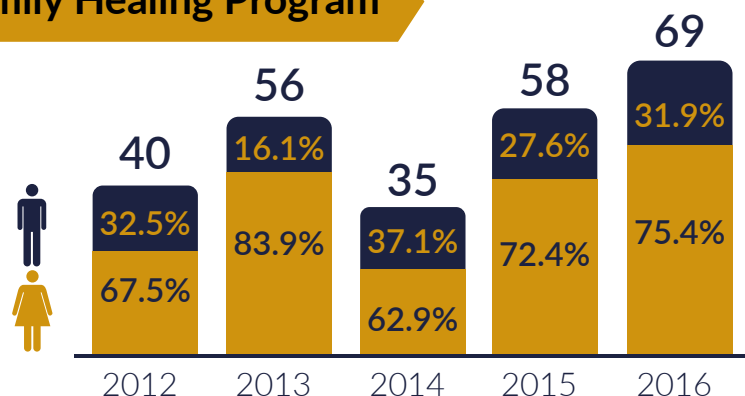
"FHP is the best kept secret in Calgary. A phenomenal tool that nowhere else offers. Anywhere else, you'd have to have someone in their program to access help." The Cronks have a better relationship with each other and Larry is amazed at Chase's attitude.

Chase follows the 12-Step Program, has a good sponsor and attends meetings.

"Chase has always had the ability to get along with young people. People are drawn to him and want to help him. Now Chase wants to give back and he loves doing it."

The Cronks are closer as a family now and together they help others. Together, they heal.

## Family Healing Program



"Don't be ashamed of your story. It will inspire others."  
~Unknown~

# Advocacy

LOCAL, NATIONAL AND INTERNATIONAL

## Recovery Day Calgary 2016

Recovery Day provides a public display of freedom from addiction and aims to build awareness and celebrate the role that recovery plays in improving the lives of Canadians. Calgary had 35 community partners exhibit information and celebrate the many options this city has for people to recover. Fresh Start maintains our leadership role in the planning and implementation.

## Recovery Day Canada 2016

Fresh Start had the opportunity to speak and exhibit in five different cities this year. Each city had a unique approach to their event, but the theme was one of uniting people with our message of hope through recovery.



## National Recovery Advisory Committee (NRAC)

Established in 2015, their mandate is to guide the work of The Canadian Centre on Substance Abuse (CCSA) to collectively promote awareness of recovery from the disease of addiction in Canada based on evidence from research and experiences of those in the recovery movement. A life in recovery survey was put out to the recovery community across Canada to gather information from recovering addicts and alcoholics such as HOW they stay sober and what recovery means to them. Fresh Start has been an active member of this committee since inception.

“There is a place in this movement for everybody, whether you just want to share your story at a school, share your story with your neighbor or you want to speak to your legislator about how important supporting addiction recovery is for our communities.”

~ Greg Williams, Co-Founder of Facing Addiction ~

## Canadian Research Initiative on Substance Misuse (CRISM)

Fresh Start has been involved in CRISM, which is a national research consortium in substance misuse. This consortium is unique for substance misuse research in Canada in that it focuses on translation and implementation for all who seek to advance the betterment of people engaged in substance misuse.

## Faces and Voices of Recovery Canada (FAVOR)

FAVOR Canada has made a difference by supporting Fresh Start's profile on the national stage. FAVOR Canada is a national advocacy organization that promotes and advocates for change. They also expand the continuum of care to include recovery support systems for people who are in recovery. Their job as recovery advocates is to support and celebrate the fact that there are many paths to recovery from addiction.

## Hazelden Betty Ford (MN)

In August of 2016, Fresh Start had the opportunity to connect with the advocacy team at the Betty Ford Centre in Centre City, Minnesota. We met with leading recovery advocates and had an opportunity to learn how they have been successful in their recovery efforts like being part of the Comprehensive Addiction and Recovery Act (CARA) initiative. This initiative is the first major federal addiction legislation in the United States in 40 years and the most comprehensive effort undertaken to address the opioid epidemic, encompassing all six pillars necessary for such a coordinated response – prevention, treatment, recovery, law enforcement, criminal justice reform and overdose reversal.

## Facing Addiction

AUS national, non-profit organization that long-term recovery is the solution. dedicated to “Rebranding addiction” to Fresh Start is working with many create the understanding, empathy, community leaders and partners in outrage and to demand urgently Canada to bring about similar changes. needed resources in order to advance solutions and to widely share the proof

# Healthy Body, Healthy Mind



Since 2012, Allan Markin and his team at **Pure North S'Energy** have been providing a health and wellness program to Fresh Start's men and families to support their physical and mental health as they find recovery from their disease of addiction. The Pure North program is voluntary and offers life-altering vitamin and mineral supplements, heavy metal reduction, replacement of dental amalgam fillings that contain mercury and, in some severe cases, even teeth replacement.

Nutrient support is recognized in mental health, mood and cognitive function. Pure North provides those at Fresh Start with specific nutrients to assist in their addiction recovery. The program focuses on optimizing vitamin D for many health benefits, including mood, immune system function and chronic disease prevention. In addition, B-Vitamins (particularly B3, B6 and B12), Omega-3 fatty acids, N-acetyl cysteine and alpha-lipoic acid have been found to improve mental health conditions. Magnesium improves sleep quality and headaches. L-glutamine helps support the health of the gut and the immune system. The Synergy Greens drink, a mixture of green vegetables, is provided

daily to help promote a healthy liver and aid in detoxification. Overall, our partnership with Pure North focuses on improving physical and mental health so that those men we serve are better able to focus on their recovery.

Data from more than 120 Fresh Start participants who were engaged in the Pure North program and who completed a pre-treatment and post-treatment survey after their 16-week program at Fresh Start has been analyzed. The results showed that on average the respondents reported a more than 22% decrease in the levels of anger, anxiety, confusion, coordination problems, depression, fatigue, shaky hands, headaches, memory loss, moodiness, muscle weakness and stomach problems.

In the first 12 weeks of the program, all participants who lived at and attended group at Fresh Start demonstrated substantially higher levels of Vitamin D and B12, into the optimal range for vitamin D (>120 nmol/L) and the optimum range for B12 (>450 nmol/L). Inflammation was down by 12%. Liver function improved and sits well within the minimum Optimal Healthy Score Range. All other measurements,

including blood pressure, body mass index (BMI), cholesterol, kidney function and blood sugar control, stayed within the normal reference ranges. Overall, blood markers supported the improvement in physical health of clients in the Fresh Start program. After one year of participation in the Pure North Program, these participants' nutritional status continued to show improvements reflected by sustained higher measures of vitamin D and vitamin B12 demonstrating continued voluntary participation in the Pure North program.

This Pure North health program, provided to our residents at no charge, is just one aspect of physical recovery that forms the critical foundation to successful, long-term recovery.

Fresh Start and the people we serve are grateful to Pure North S'Energy Foundation and their dedicated staff who have done so much to help lay a solid foundation for physical recovery. We believe that their work has helped us improve the number of people who go on to celebrate their first full year of recovery and then their second and so on.

**“Addiction is a flaw in  
chemistry, not character.”**  
—Unknown

# Community Partnerships



We are blessed to have many community partners that help us in a variety of different ways.

There is the support from **Canadian Natural Resources Inc.** to ensure that our First Nations and Métis residents in financial crisis can access the recovery housing, treatment and support they need.

Experts from **Mike Miles Muay Thai and Kickboxing** provide classes to Fresh Start participants twice a week, every week and instruction is delivered either by Ajarn Yai Mike Miles himself or his ever capable Phu Chuai Khru Scott MacKenzie. These classes are designed to help men with their inner and outer strength, mobility and respect, and have been provided to Fresh Start participants since 2012.

Each year, Darren Biedermann rallies his **Supreme Men's Wear** clientele and encourages people like you to bring your gently used suits, sports jackets, slacks, jeans and shirts in to be donated to Fresh Start so that our men will have some nice clothing to wear when they "Gratitude," look for a job, go back to school and want to feel better about themselves and portray a positive image.

We have partners in the community that we work with to deliver award-winning programs such as the **MESH** program. Together, **Aventa Women's Treatment Centre**, **Canadian Mental Health Association (CMHA)**, **Horizon Housing Society** and **Prospect Human Services Society** work as one point of entry to help people who are struggling with issues concerning **Mental health**, **Employment**, **Substance abuse** and **Housing** so that they can receive the help they need without going to many different agencies.

There are also corporate partners who work with us to create some tremendous value for Fresh Start. One of these partners is **Aeroplan** which acts as a donation portal for Aeroplan Points that help defray the cost of travel to regional, national and international conferences, symposiums and recovery related meetings to make advocacy more impactful, so our voice matters.

Another corporate partner is **Agents of Change** who has taken the common practice of realtors paying each other for referrals. This does not cost the buyer or seller any money and Agents of Change has adapted this practice so that homebuyers and sellers looking for a realtor can channel that referral fee into a cause that is near and dear to their hearts like Fresh Start. In 2016, we received our first referral fee of over \$2,000. We are grateful for this program and to the homeowners for using this method of giving.





# Recovery Warms the Heart and Takes the Chill Off of Winter

November and December of 2016 marked a very busy time for Fresh Start as we held our Family and Friends Dinner, launched our most successful Giving Tuesday campaign to date and a successful Christmas campaign.

The Family and Friends Dinner was well attended, brought out some great speakers and created some great awareness for our Family Healing Program in addition to our Addiction Treatment Program.

The 2016 Giving Tuesday (November 29th) campaign had a series of social media messages distributed through Facebook, Twitter and email to bring awareness around some of the gifts of recovery and how people have experienced those gifts.

Participants included City of Calgary Police Chief Rick Hanson (ret.), Stampeder's alumni and **Big Fish Staffing** owner Bruce "The Tuna" Covernton, **Professional Excavators** owners Jan and Steffanie Gryckiewicz, **Supreme Men's Wear** Creative Director and Designer Darren Biedermann, **Pure North S'Energy's** Chief Accountability Officer Allan Markin, along with some of our staff, volunteers and board members.



The night was punctuated with a speech by our own National Communications Director, Lisa Simone, speaking about the blessings of recovery.



Doug Wong Photography

After that, **The Robb Nash Project** went into high gear. Thanks to you, 2016 Giving Tuesday brought Fresh Start four times the dollar value of donations as 2015 and a whole lot of social media buzz.

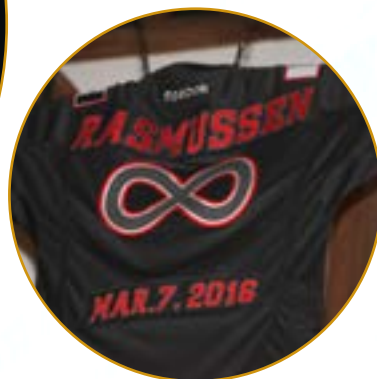
Considering the economy, our 2016 Christmas campaign did remarkably well. We revisited a member of our alumni that we featured two years before and focused on the fact that although he continued to have struggles, recovery has helped him to gain and maintain full custody of his young children and that 2016 was the first Christmas that they had really ever been together as a family under one roof in a long time. This was something to be truly thankful for and a milestone that you have been a part of creating. Thank you for all of your support in making miracles happen and helping broken people heal.



Doug Wong Photography

# Honouring a Recovery Giant Dale Rasmussen

Ralph Watson Photography "Dale & Pig"



On March 7th, 2016, Fresh Start and the entire recovery community lost a soft-spoken giant whose voice was clearly heard far and wide.

Dale Tracey Rasmussen became the chef at Fresh Start on January 2, 2007 and remained an active part of us until the day he drew his last breath.

Dale's journey to Fresh Start took 26 years and began when he was a 13-year-old boy who used alcohol to drown his belief that he "was not good enough." Dale said, "Alcohol became a tool that got me out of my head to keep me from going out of my mind."

In his early 20s, Dale's soul searching introduced him to tai chi, "connecting the body and mind with nutrition." This became Dale's focus throughout the rest of his life. Dale said "most people see food as fuel, but food is ultimately medicine. What you put into your body impacts how your body performs. I studied fine cuisine on my own for 12 years and read cookbooks like they were textbooks.

I came back and started cooking at the Chamber of Commerce where my cooking elevated to five-star, fine dining."

After a failed marriage due to his alcoholism, Dale said, "Life became one long blur of alcoholic binges. I lost my job and most everything except my mother. I attended several recovery programs ranging from five days to six weeks and was in and out of the hospital dealing with my deteriorating body. Still nothing worked. I found a Fresh Start brochure, I kept it and knew that someday I would go there. When I found myself lying on the floor with a swollen pancreas unable to move, I knew that if something didn't change my next stop would be in a pine box. I prayed for the madness to stop."

That pamphlet did its job and on December 20th, 2005, "I started my new life in recovery at Fresh Start. I stayed over three years moving from Phase I to Phase II to ensure that my last chance wasn't squandered."

While in treatment, Dale paid attention to the food and once he completed his program, he told our Executive Director Stacey that he had a gift to give every man at Fresh Start. "I returned to the Chamber as a pastry chef and soon after became Fresh Start's chef. We've now done away with corn dogs and Twinkies and replaced them with nutritious food to support the physical component of the mental, physical and spiritual aspects of recovery. I now take satisfaction in knowing that I am recovering and have a huge role in helping others recover, too."

As Fresh Start's chef, Dale served an estimated 549,175 delicious and nutritious meals to Fresh Start residents, alumni, family and supporters on top of the thousands of meals he served at various AA events. These meals helped lay the foundation for the first and most crucial aspect of recovery for men seeking relief from the disease of addiction—physical wellbeing.

"Those we love and lose are always connected by heartstrings into infinity."

~ Terri Guillemets ~



## The Influence of the Giant on Recovery – Kevin's Story

Dale's title was "chef" but he played a much larger role including mentor, student, shaman, confidant, taskmaster, conscience, host, speaker, sponsor, philosopher, donor and friend.

Dale was at his best when he was helping people. Kevin McPherson was the beneficiary of Dale's "best" as his protégé, replacement and friend.

Kevin says, "Dale was instrumental in helping me along my own path to recovery from my addiction. Without his help, I may not have been able to witness my own success."

There is a sense of pride in knowing Dale challenged and taught Kevin to bring his own set of unique skills to the table so that he might be able to continue helping others just as Dale had helped him.

When Kevin started this journey over five years ago, he held thoughts and beliefs that hadn't helped him achieve any sustained recovery to that point. Dale helped him rethink those beliefs.

He helped Kevin keep an open mind about new perspectives that would eventually help him along his road to recovery. The one quality of Dale's that influenced him the most was his ability to make Kevin stop and think about things. He will have this gift forever.

While working with Dale, Kevin would often look up to find him chatting with someone at the serving window, mostly about recovery (his #1 passion) or nutrition (his close #2 passion). Kevin got upset because he believed their job was to feed the men, but Dale really wasn't being much help in that department if he was standing around chatting, now was he? What Kevin failed to realize until later, was that Dale was working. In fact, he was doing some of the most important and rewarding work of his life—helping others find recovery.

Kevin soon realized that he stood to learn as much from the man who prepared his meals as he did from the counsellors. In fact, with an open mind, we can learn something from everyone we meet.

Dale was such a big part of our community and, at times, Kevin felt Dale's shoes were too big for him to fill. Thankfully those moments of fear and self-doubt faded as the days passed. The support he's received has given him the strength to continue through those moments. Mostly, what Kevin feels, is a sense of gratitude for knowing that he can continue the work of his dear friend.

If he could speak to Dale just one more time, Kevin would thank him for the love, support and wisdom he shared with him during the time they had together and thank him for being a friend. More importantly, thank him for making Kevin realize that recovery is something that we don't do alone.

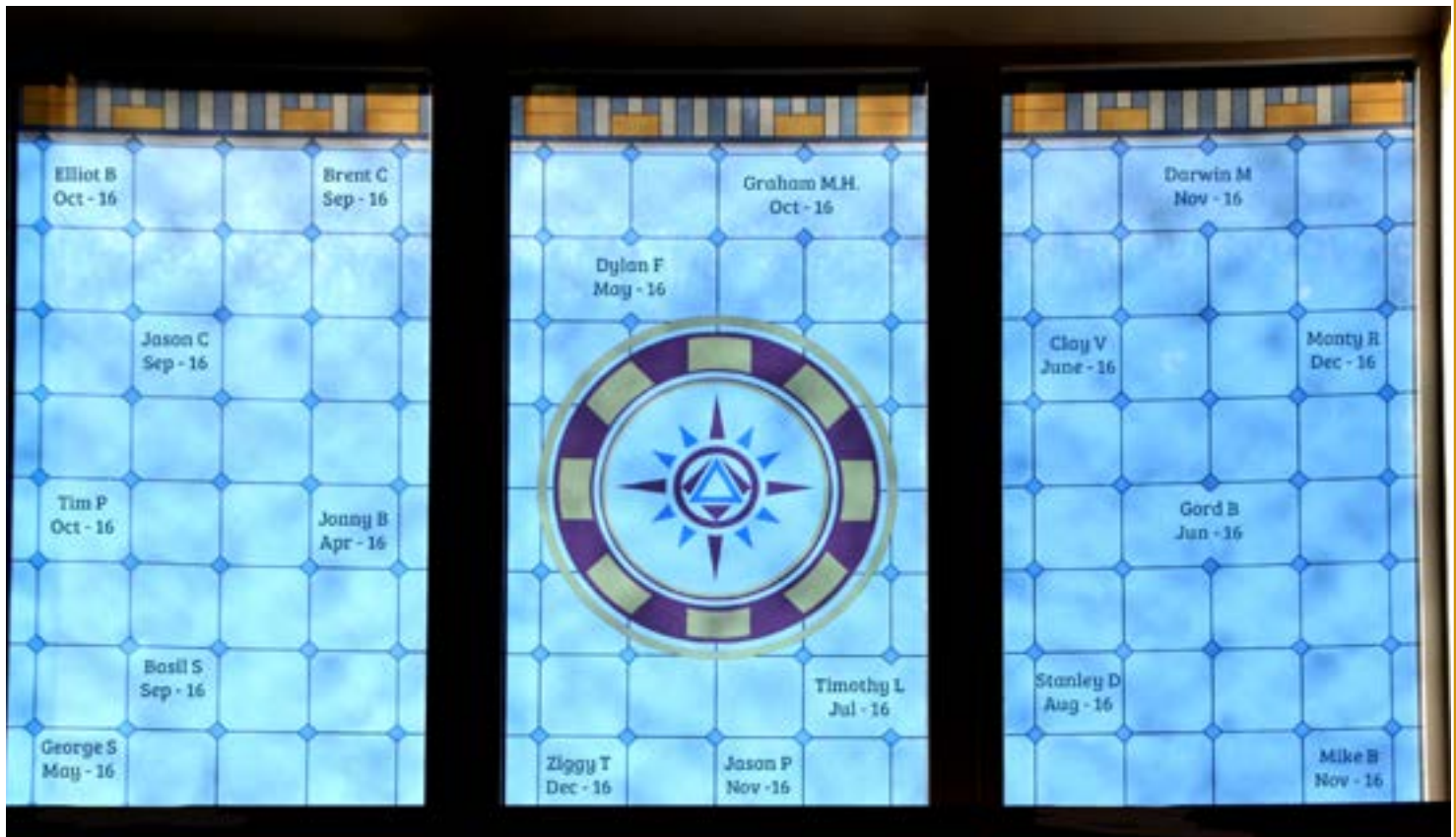
We feel Dale's presence every day and have raised a unique, black jersey in Rumpel Hall with the date of his departure and the infinity sign to say, "Dale, we will always remember you and be grateful for how you've touched our hearts."

“ Sometimes the people around you won't understand your journey. They don't need to, it's not for them. ”

~ Joubert Botha ~



# *Together We Heal from Loss*



## Memorial Window

High above, on the back wall of our gymnasium, you may notice some lovely stained glass windows. This isn't just any ordinary stained glass display but a memorial wall to recognize men who have been part of Fresh Start and have lost their battle to the disease of addiction. We also honor those who have been on our wait list and have died waiting to get the help that could have saved them.

In the "Anonymous" tradition, each panel lists the first name and initial of his last name along with the month and the year that we lost them. These men fought hard battles within their minds and bodies. Some of these men had refuge and reprieve from the power of the disease for years at a time. But sadly in the end, this cunning, powerful, baffling and deadly disease took them.

We honour these men, the loved ones they left behind, their journey and their memory. We are grateful for the time we had with them as we believe we saw the best in them. We saw some of these men clean, sober and striving for a better life. We saw them as authentic, awkward, honest and real. We had the beautiful opportunity to see them in the way the creator saw them and intended us to see them, too.

"Grief, I've learned, is really just love. It's all the love you want to give, but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go"

~ Jamie Anderson ~



# Remembering Bob Knight



(L-R) Fresh Start's Wayne Steer, Stacey Petersen & Kate King, Willow Park's Chris Burgess, Jim Jempson, Bob Knight & Brad Wennerstrom

On March 2, 2016, we bid farewell to our dear friend Robert Douglas (call me Bob) Knight. Bob first became a friend of Fresh Start's in 2011 as we were building our treatment centre in Calgary's Greenview Industrial Park. We applied to be considered as recipients of the **Willow Park Golf Classic's** generosity.

Bob was the long-time chair of this well-established charity golf tournament. As part of due process, Bob and his long-time friend and fellow board member, Brad Wennerstrom, came to Fresh Start to "kick the tires" and discover what we were all about. During the course of the tour, Bob asked many astute and probing questions to get a better understanding of addiction in Calgary and how Fresh Start fit in.

At the end of the tour, Bob gently placed his hand on our Executive Director's shoulder, looked him straight in the eye with his warm but piercing steely blue eyes and said, "I love what you guys are doing but I can tell you, you're going to be a tough sell. Keep applying."

So, apply we did. In 2012, 2013 and as we were heating up the grill for our 2014 Stampede Barbeque when Brad stopped by to inform us that we would be the recipients of the 2015 Willow Park Golf Classic.

In the months leading up to the 2015 tournament, we met several times with Bob and his committee and Bob's tremendous warmth, caring and practicality always shone through.

Bob was the long-time chair of this well-established charity golf tournament. As part of due process, Bob and his long-time friend and fellow board member, Brad Wennerstrom, came to Fresh Start to "kick the tires" and discover what we were all about. During the course of the tour, Bob asked many astute and probing questions to get a better understanding of addiction in Calgary and how Fresh Start fit in.

Bob's Celebration of Life was held at the Willow Park Golf & Country Club. The place was filled beyond even what the Willow Park Classic would draw, with the who's who of Calgary coming out to honor Bob.

In recognition of Bob's passion for hockey, his Ontario roots and his keen sense of humor, commemorative shirts were set out for all attendees. They were a medium dark blue with a white Maple Leaf on the front, a large "1" on the back and the name "KNIGHTER" arching over the number. Even some dedicated Flames fans took one.

We are all grateful for Bob's friendship, leadership, most of his jokes and the legacy of the many families whose lives will be changed through Fresh Start because Bob kept saying "don't give up."

"They call it golf because all the other four letter words were taken."

~ Raymond Floyd ~

## Fresh Start Recovery Centre Would Like to Thank Each and Everyone of You For Your Generous Contributions!

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## INDEPENDENT AUDITOR'S REPORT

### To the Directors of Fresh Start Recovery Centre

We have audited the accompanying financial statements of Fresh Start Recovery Centre, which comprise the statement of financial position as at December 31, 2016 and the statements of revenues and expenditures, changes in net assets and cash flows for the year then ended and a summary of significant accounting policies and other explanatory information.

### Management's Responsibility for the Financial Statements

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian accounting standards for not-for-profit organizations and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

### Auditor's Responsibility

Our responsibility is to express an opinion on these financial statements based on our audit. We conducted our audit in accordance with Canadian generally accepted auditing standards. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by management, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our qualified audit opinion.

### Basis for Qualified Opinion

In common with many charitable organizations, the Centre derives revenue from donations the completeness of which is not susceptible of satisfactory audit verification. Accordingly, our verification of these revenues was limited to the amounts recorded in the records of the Centre and we were not able to determine whether any adjustments might be necessary to contributions, excess of revenues over expenses, current assets and net assets.

### Qualified Opinion

In our opinion, except for the effect of adjustments, if any, which we might have determined to be necessary had we been able to satisfy ourselves concerning the completeness of the contributions referred to in the preceding paragraph, the financial statements present fairly, in all material respects, the financial position of Fresh Start Recovery Centre as at December 31, 2016 and the results of its operations and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

Calgary, Alberta  
March 8, 2017

  
Elliott & Company LLP  
CHARTERED ACCOUNTANTS



**FRESH START RECOVERY CENTRE**  
**Statement of Financial Position**  
**December 31, 2016**

	2016	2015
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	\$ 198,138	\$ 813,356
Accounts receivable	108,694	114,011
Goods and services tax recoverable	5,100	6,734
Prepaid expenses	15,276	16,861
Deposits on land	487,923	-
	815,131	950,962
PROPERTY AND EQUIPMENT*	11,556,619	11,749,665
	<b>\$ 12,371,750</b>	<b>\$12,700,627</b>
<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT</b>		
Bank indebtedness*	\$ 1,288,903	\$ 1,300,000
Accounts payable	87,874	35,518
Deferred contributions	-	505,000
Current portion of long term debt*	6,501	6,153
	1,383,278	1,846,671
LONG TERM DEBT (Note 5)	8,121	14,653
	1,391,399	1,861,324
<b>NET ASSETS</b>		
Invested in property and <i>equipment</i> *	10,253,094	10,428,859
Unrestricted	727,257	410,444
	10,980,351	10,839,303
	<b>\$ 12,371,750</b>	<b>\$ 12,700,627</b>

\* See audited financial statement note available on [www.freshstartrecovery.ca](http://www.freshstartrecovery.ca) website.

ON BEHALF OF THE BOARD

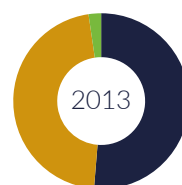
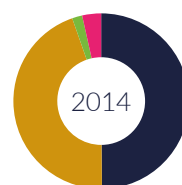
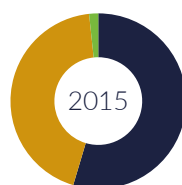
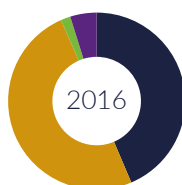
Director \_\_\_\_\_

Director \_\_\_\_\_

**CREMERS & ELLIOT**  
 CHARTERED ACCOUNTANTS

**Revenue Sources 2013 - 2016**

- Fundraising and Donations
- Accommodation Income
- AHS - Addiction and Mental Health Funding
- Government Flood Relief
- Municipal funding



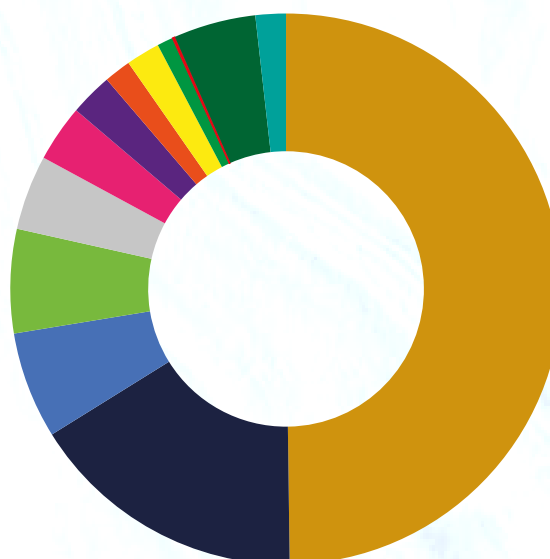
<b>RECEIPTS</b>	<b>2016</b>	<b>2015</b>	<b>2014</b>	<b>2013</b>
Fundraising and Donations	1,033,540	1,274,374	1,073,059	870,985
Accommodation Income	1,180,043	1,019,890	963,556	787,575
AHS - Addiction and Mental Health Funding	42,231	39,179	40,159	39,179
Government Flood Relief			75,000	
Municipal funding	114,267			

**FRESH START RECOVERY CENTRE**  
**Statement of Revenues and Expenditures**  
**Year Ended December 31, 2016**

	2016	2015
<b>REVENUES</b>		
<b>CURRENT</b>		
Accommodation revenue	\$ 1,180,043	\$ 1,019,890
Fundraising and donations	1,033,540	1,274,374
Municipal funding	114,267	-
Alberta Health Services - Addiction and Mental Health Funding	42,231	39,179
	2,370,081	2,333,443
<b>EXPENDITURES</b>		
<b>CURRENT</b>		
Salaries and wages	1,784,606	1,642,858
Program supplies	256,802	187,256
Utilities, phone and Internet	112,673	88,264
Repairs and maintenance	93,466	53,561
Fundraising expenses	88,688	109,178
Office and general and administrative	67,317	81,263
Travel and vehicle	62,070	57,910
Interest and bank charges	58,446	56,474
Insurance - building and general	29,705	31,718
Professional fees	10,193	10,136
	2,563,966	2,318,618
<b>EXCESS (DEFICIENCY) OF REVENUES OVER EXPENDITURES FROM OPERATIONS</b>	(193,885)	14,825
<b>OTHER INCOME AND (EXPENDITURES)</b>		
Amortization	(203,188)	(221,948)
Property and equipment funding	538,121	4,675
	334,933	(217,273)
<b>EXCESS (DEFICIENCY) OF REVENUES OVER EXPENDITURES</b>	\$ 141,048	\$ (202,448)

**Breakdown of Sources of Fresh Start's 2016 Revenue**

- Client Revenue - Fees for Service, Self Pay & Rent
- Individual Donors
- Special Events - 3rd Party
- Bingo & Casino Revenue
- In-Kind Donations
- United Way
- Corporate Donations
- Calgary Foundation
- Other Foundations
- Special Events - Internal
- Miscellaneous
- FCSS - Calgary Emergency Funding
- AHS-AADAC



# Four Calgary Charities Named in the Top 10 Canadian Impact Charities by Charity Intelligence Canada



**CALGARY  
FOOD BANK**



"Toronto, November 16, 2016 – Charity Intelligence has picked the most effective Canadian charities it has found which combat issues such as hunger, homelessness and improving education. Evidence shows the 10 CCIF charities all make a significant difference in the lives of Canadians and are likely to be the most effective at changing lives. Ci's Director of Research, Greg Thomson, says "if you were investing in companies, you would choose those most likely to give the best return. We're trying to get the best return in combatting poverty in Canada."

"Calgary, November 24, 2016 - the **Calgary Food Bank, Children's Cottage Society, Fresh Start Recovery Centre and Inn from the Cold**, were recently chosen by **Charity Intelligence Canada (Ci)** to be a part of their 2016 **Canadian Charity Impact Fund (CCIF)**. The CCIF provides donors with confidence that their generosity will make a significant difference in improving the lives of Canadians. With the challenging economic times we face in Calgary, giving for impact matters more than ever. Many Calgarians need help for the first time ever and Calgarians can give to these four charities knowing that their dollars will make the maximum impact."

2016 marks the second year of the CCIF and Fresh Start is grateful to have been selected as one of the top 10 charities in Canada for a second consecutive year based on the Social Return on Investment calculations of **Success Markets Inc.** Thanks to you and other donors like you, Fresh Start has been able to consistently deliver these kinds of outstanding results to make our community a better place to live for all.



Charity	Province	Sector
Calgary Food Bank	Alberta	Food Banks - Distributor
Children's Cottage Society	Alberta	Homeless - Shelter
Fresh Start Recovery	Alberta	Addiction Recovery
Inn From The Cold	Alberta	Homeless - Shelter



Martin Cairns Photography



From left to right: Calgary Police Chief (ret.), Rick Hanson; Community Philanthropist, M. Anne McCaig; Fresh Start Executive Director, Stacey Petersen; United Way of Calgary & Area's President & CEO, Dr. Lucy Miller; Calgary Drug Treatment Court's Honourable Judge James Ogle; Pure North S'Energy's Chief Accountability Officer, Allan Markin.

Each year, Fresh Start's April panel discussion involves key community members who come and share with us and our audience, a little bit about who they are, what makes them tick and how their lives and businesses have been impacted by addiction and recovery.

*Providing Solutions That Recover Lives*



**"I fight for my health every day in a way most people don't understand.  
I'm not lazy. I'm a warrior."**

-Unknown

## Together We Heal

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[www.freshstartrecovery.ca](http://www.freshstartrecovery.ca)



Charitable Registration #: 13672 0737 RR0001