



GIFTS AT WORK

THE ROAD TO RECOVERY STARTS HERE

FALL 2021



Andrew stands with fellow alumni, Max at Renascent's Punani Treatment Centre. Read Max's story inside, and read Andrew's story, visit: renascent.ca/blog.

RENASCENT FOUNDATION

CHARITABLE NO. 11911 5426 RR0001

A MESSAGE FROM OUR CEO: A YEAR LIKE NO OTHER, WITH YOU BY OUR SIDE.

Thank you! As a Renascent champion, your generosity continues to be invaluable to the many clients who walk through our doors in search of long-term sobriety. Through the support and donations of many individuals, companies, and groups we have been able to continue delivering on our critical Mission during these challenging times. Donors like yourself have allowed us to bridge the gap between government funding and the cost of treatment; and offer complimentary programs and services that ensure we are there for those who rely on us for support today, and in the future.

In July, Renascent received some exciting news. The Ontario Government announced new annualized funding for Renascent in the amount of \$1.25 million, for our recently developed Virtual Intensive Treatment Program. This new funding adds urgently needed intensive outpatient treatment capacity, so that we can serve more Ontarians with substance use disorders. As we expand this program, we remain grateful for the many donations which made its development and delivery possible during its first year.

Your generous donations continue to safeguard access to addiction treatment, including Renascent's Inpatient Treatment Programs, Continuing Care Program (aftercare), and Essential Family Care Programs. Your support for these programs ensures that we can help clients at every step of their recovery journey, from the moment they walk through our doors and beyond.

During the 2020-21 fiscal year, 1,276 people received the tools to recover from the impacts of addiction through across our inpatient and virtual outpatient programs.

With the Thanksgiving season upon us, I wish you and your loved ones bountiful health and joyful memories. Thank you for your continued support. We are grateful for your generosity and its impact on the clients, family members, loved ones, and communities we serve.

We couldn't have navigated this past year, without you and your kindness.

Laura Bhoi,
Chief Executive Officer
Renascent



MAX'S STORY: TURNING A RELAPSE INTO A COMEBACK

My addiction has taken me to some very dark places. However, thanks to treatment and the time I invested in my own recovery, life is very different for me now. I am ok with myself – comfortable in my own skin. Before I used to have to force myself to look in the mirror.

Since leaving treatment in 2020, I was able to strengthen my relationship with my son. I know the toll my addiction had on him. While I cannot change the past, I can continue to be there for him. He knows he can rely on me now and that's a big accomplishment.

I've built similar trust with other people as well. My friends now know I will be there for them. They know if they ask for help, that I will be there because I genuinely want it.

I am so grateful to Renascent for sticking with me. To be honest, I'd probably be dead if I didn't get into treatment this last time. But thankfully, instead I was part of a miracle.

I also always tell people, if you put half as much time into a treatment program as you do into your addiction, then you'd be successful. When you get to treatment, be honest, listen to the counsellors and have an open mind.

To Renascent's donors, I express my sincerest gratitude. Addiction has no prejudice. Through their generosity, donors are creating a better community and supporting the long-term health of others. Not everyone has the same opportunities, but when you give, you are helping to save someone's life.



THE LIFETIME RECOVERY LEGACY FUND



While we wish no one experienced addiction, the reality is that generations to come will rely on us to provide life-saving addiction treatment and life-changing support. By becoming a Renascent Legacy Donor, you will support a community-focused, accredited health care provider that is committed to providing compassionate, quality care and support to individuals and families struggling with addiction, breaking down barriers of cost and marginalization wherever possible.

Simply put, the lasting impact of your donation will help deliver the hope of recovery for those yet to come. And by choosing to leave a legacy gift to Renascent Foundation, you will be remembered as someone whose belief in the power of recovery was translated into vital action.

Renascent will be re-launching the Lifetime Recovery Legacy Fund this Fall. If you are interested in knowing more about this program or attending a special Q&A session, please call or email

Christina Selvaggio, Manager of Philanthropy, at 416-877-1409 or cselvaggio@renascent.ca.

BECAUSE OF YOU I'M HERE



Dear Guardian Angels of Munro

Because of you I am here! I never thought a person such as myself would pull through and receive treatment. My addiction had a hold over me so strong "I let my young children go" I struggled for years feeling there was no hope, as I was broke, lost and alone, no house to call home. Weeks went by and all I could think about was getting high. A family friend sent me the Renascent number and said it would be my only hope. I called and was told I would receive funding but would have to be put on hold. January 2000 I was to walk through the beautiful doors of Munro. The worry set in, "will I die before that time?" By the grace of my God and would soon learn all of you. I walked into Munro August 2001 46 days sober. That very moment my life changed. Weeks have gone by with the sparkle back in my eye. My family at my side. Now able to kiss and hug beautiful children, soon to be able to tuck them in. I have learned I was never alone, I don't know you and probably never will, but without you I would not have grown. The guardian angels who helped me get through these doors and so many others, I hope you truly know how much you mean to me. Today 73 days sober

- Alumni '21 Renascent

DONOR'S CORNER: A PARTNERSHIP THAT POPS – COMEBACK SNACKS

If you ask any Renascent alumni, they will tell you that their recovery journey is their biggest comeback story. Emily O'Brien, Founder and CEO of Comeback Snacks, shares a sobering connection to these recovery stories through her own personal experience.

"Everyone has their own journey to sobriety. My sober house just happened to be prison, but I don't think I could have done it without being in a group among other people who are also trying to be sober," said Emily.



Emily's incarceration was her inspiration to do good for others; she was on a mission to make a difference. After finding herself in prison, feeling anxious and uncertain of what was to come, her creative side started to stew. Emily came up with the idea to produce flavored popcorn after seeing some other women making popcorn recipes with flavour combinations they could find on a budget. And so, came to be Cons & Kernels (now Comeback Snacks).

Comeback Snacks has been a proud supporter of Renascent. This year, they sponsored Renascent Laughs – our annual comedy event – and Recovery Month – a month dedicated to celebrating recovery from addiction. They also continue to partner with Renascent on various engagement and philanthropic activities.

"We at Comeback Snacks believe in the power of people and helping them discover greatness in themselves. We are proud to support our partner Renascent and help raise money to support their life-changing rehabilitation programs which have given countless people living with addiction a second chance."

We asked Emily what recovery meant to her, she says...

"It means finding a balance in the middle of an unbalanced world. It also means having the support that so many need. I think it is also about unity and community, and honesty. "

The power of recovery ripples with the continued support of you our donors, our partners and Alumni. Together we can break barriers and silence stigma.

To order Comeback Snacks – the popcorn so good it's criminal – visit the online store at [comebacksnacks.com](https://www.comebacksnacks.com) or visit their Hamilton Commissary Store located at 302 Main St W, Hamilton.

Source: <https://www.comebacksnacks.com/story>

Thank you, Emily O'Brien, for taking the time to connect with Renascent to conduct this powerful interview.

Resilience Hope Innovation

2020-2021 ANNUAL REPORT



Renascent's 2021-2021 Annual Report: Resilience, Hope, Innovation is now available. To read more about the impact of your donations over the last year, visit: renascent.ca/annual-report-2021. To request a print copy, email: philanthropy@renascent.ca

SAVE THE DATE



Renascent Laughs

March 30, 2022

Join us for a night of laughter and celebration as we raise funds for Renascent Foundation.