



#### A client success story

# How Donors Helped Adrian Heal:

## A Journey from Trauma to Transformation

Born into a family of 14 siblings, with parents who also struggled with addiction, Adrian faced overwhelming odds from the very beginning. He moved to a group home at age 5, where he endured abuse. Years later, upon returning home, he became involved in criminal activities with an older relative.

"I felt accepted and a part of something," Adrian recalled, describing himself as a "monster" by the age of 15. His first criminal sentence came at 18.

After decades of struggling with addiction and multiple attempts at recovery, Adrian's life changed when he walked through Renascent's doors for the second time in June 2023.

Adrian approached treatment with renewed determination. "This time was different. I went above and beyond because I really wanted to stay sober," he shared. Thanks to donor-funded aftercare, Adrian found the support he needed to stay the course. He gave back through service, stayed closely connected with staff, and continues to attend alumni meetings—building a lasting foundation for his recovery

"I can't express how grateful I am for Renascent and its donors," Adrian said, reflecting on how the staff helped him confront the emotional walls he had built over the years. Their support allowed him to heal from childhood trauma and recognize his value and cultivate a sense of safety.

While Adrian's journey to recovery has been long and filled with setbacks, today he lives a transformed life. A father of eight, Adrian is happy to be the kind of parent his children can now rely on. "When I look back at where I've been and where I am now, it's a long journey. A lot of people counted me out," he said. "But we all have the opportunity to change."

Because of the compassion of donors, Adrian was able to rebuild his life—starting with 28 days of live-in treatment, followed by six months of Continuing Care to support his journey forward.

#### The impact we have

# Without Renascent, I wouldn't be here.

**In Ontario alone, addiction claims more than 3,000 lives every year.** But recovery is possible—and access to treatment, made possible through donor support, is the first step.

At Renascent Foundation, we're making this vision a reality. We're on a mission to break down barriers by raising funds to help people who cannot afford addiction treatment. Support for Renascent—one of Ontario's largest and most trusted treatment providers—means removing cost as a barrier to life-saving care. Together with our donors, we're ensuring that everyone has the chance to reclaim their lives.

## Kyle's Story: The Life-Changing Impact of our Donors



To watch Kyle's story online, click here.



#### **Our history**

# Renascent's Treatment and Commitment

Since Renascent first opened its doors in 1970, we've helped over 50,000 people through drug and alcohol addiction programs. Our treatment programs are evidence- and trauma-informed to tackle both addiction and co-occurring mental health challenges. Fully accredited by the Canadian Centre for Accreditation, Renascent provides intensive live-in and outpatient programs to meet people's specific needs at each juncture of their recovery journey.

Renascent operates three live-in addiction treatment centres – two in Toronto and one in Durham Region, providing a safe, caring and home-like atmosphere for clients to recover. This intensive live-in treatment program provides around-the-clock counselling and support through a professional team, with each member having specialized addiction training and lived experience of addiction and long-term recovery.

Grounded in a holistic approach to recovery, Renascent's programs offer a range of treatment approaches, medical care, and 12-step facilitation. Our live-in treatment centres provide gender-specific environments and programs, while our Virtual Intensive Treatment Program and Family Program provides a mixed-gender environment. We work with non-binary and trans people to determine which program and environment will best meet their needs.

Our commitment to diversity, equity, and inclusivity means that everyone is welcome into our spaces. Music, yoga, mindfulness, fitness and art are some of the activities that are integrated into the live-in treatment experience to enhance the clients' time in care and their recovery.

"Thank you for your support. The level of treatment could not be the same without your support. The people here as well as the staff have made this experience more than I ever thought it could be. I look forward to being an alumni and coming back as often as possible to give back to the people of this house, just as you have," James B., Renascent Alumni









# Where Donor Generosity Turns Hope into Healing

At Renascent, recovery is possible—because of people like you. We don't just treat addiction—we transform lives with a compassionate, evidence-informed approach rooted in lived experience. As a not-for-profit organization, every gift helps deliver safe, high-quality treatment to those who need it most. Our staff, many of whom have walked the path of addiction and recovery themselves, bring unmatched empathy and expertise, guiding clients with experience and heart.

Thanks to donor support, no one is ever turned away due to a lack of funds, when they reach out for help. Donor dollars go toward supporting Renascent's continuum of care, which includes intensive addiction treatment, after care, alumni care, and support for their entire family. This fulsome approach helps everyone impacted by addiction recover.

Based on each person's individual needs, Renascent's addictions counsellors also provide connections to community support in advance of treatment and post-treatment. As a community organization, Renascent appreciates the power of connection and how building relationships with other community partners can provide strong supportive services to anyone who is struggling with addiction. Whether it's post-treatment housing or financial support, or pre-treatment withdrawal management services, Renascent works to address the full picture of recovery and make a lasting difference in the lives of clients.

With waitlists for treatment growing across Ontario, the need for compassionate, donor-funded care has never been more urgent. While we may not control when someone enters treatment, donor support ensures that when the moment comes, help is ready—and no one is turned away due to cost.

# How you can help!



# Healing, Helping, and Rebuilding. Together.

Recovery from addiction is a journey, not a sprint. At Renascent, lives are transformed every day through specialized programs that support the whole person and their family—Live-in Treatment, Continuing Care, Essential Family Care, and programs for children and teens. But this healing is only possible because of donors like you. These vital programs receive no government funding—they exist because of community generosity.

#### Your support enables us to:

- Close the Gap on government-funded live-in treatment
- Provide Continuing Care Program for long-term recovery
- Provide the Essential Family Care, including Children's and Teen's Program
- Support capital and infrastructure development

By supporting Renascent Foundation, **you help close the gap** between what's publicly funded and what's truly needed for lasting recovery. Together, we can ensure that every individual and family receives the care they deserve—no matter their financial situation.

## Alex's Story: From Client to Counsellor



To watch Alexander Hardinge-Brown's story online, click here.



#### How you can help

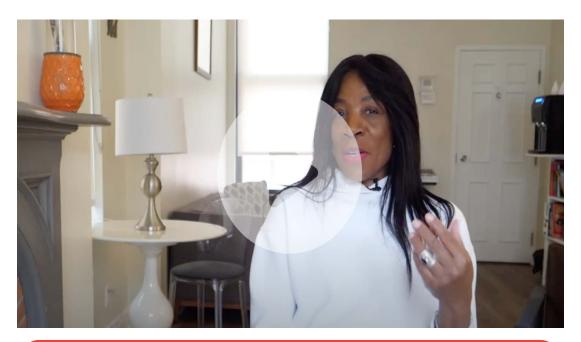
# Closing the Gap in Addiction Care:

## Powered by Donors

The need for Renascent's life-saving treatment programs is urgent and growing. Addiction tears at individuals, families, and communities, but your support brings hope and healing within reach. Donors generosity bridges the gap between what the publicly-funded treatment we receive and the actual cost of providing treatment.

Philanthropy is the heartbeat of Renascent's mission. Every dollar you give is a step toward saving a life, strengthening a family, and rebuilding a community. From the initial call to our Access Centre, through live-in treatment, Continuing Care, and family support, your gift helps ensure that no one is left behind.

As demand for our programs grows, so does the need for community support. Your generosity bridges the gap between government funding and the true cost of life-long recovery. **Depending on the level of care needed, the cost of closing the gap is approximately \$3,000 per person.** Your gift can make that possible.



To watch ValMarie's Story: How donors ignited a spark of hope, click here.



# Continuing Care Program:

## Safeguarding Recovery, Thanks to Donors

The first few months after intensive addiction treatment are often the most fragile—and that's where donor support becomes critical. Renascent's Continuing Care Program offers six months of robust support to protect recovery when it's most vulnerable. Available to anyone who has completed live-in or outpatient treatment—at Renascent or any accredited provider—this program delivers group counseling, intensive relapse prevention education, and structured assignments. It's a lifeline for long-term success.

But what truly makes this program possible is philanthropy. Donor-funded bursaries ensure that cost is never a barrier. Because of you, clients can continue building stability, confidence, and connection long after they leave intensive care

"Every client deserves access to Continuing Care. This program is a bridge to lasting recovery at a time when they could still benefit from our expert help."

- Kayla Brandenburg, Renascent Staff Member

# How donors help those who cannot afford the cost of inpatient treatment:



21 Days of Live-in Treatment



Another 7 days of Live-in Treatment



6 months Continuing Care Recovery



Family Care



Ongoing Children & Teen Care



Life-time Alumni Care

Government Funded

**Donor Supported** 

# Healing the Whole Family:

# Through the Power of Donors Geneorsity

Addiction affects more than just one person - it ripples through, it is a generational family disease, rippling through loved ones with pain, confusion, and isolation in its wake. Renascent's Essential Family Care Program ensures family members as clients in their own right, offering tailored support whether or not their loved one is in treatment.

Thanks to the generosity of our donor community, family members are treated as clients in their own right.

Whether or not their loved one is in treatment, spouses, caregivers, and siblings access expert-led group and one-on-one counselling. They learn to set boundaries, stop harmful patterns, and begin their own journey toward healing. Ongoing alumni support extends beyond the program, ensuring no one has to face recovery alone.



# Children's Program:

# A Safe Haven for Young Hearts

Children ages 7–12 bear the emotional burden of a loved one's addiction. Renascent's Children's Program, made possible through donor support, offers a safe and welcoming space where young people can express themselves through play, creativity, and age-appropriate counselling. They learn to separate the person from the addiction, develop self-care skills, and connect with others who truly understand.

This four-day retreat—offered at no cost thanks to philanthropy—includes group activities, one-on-one support, and aftercare. Open to all families regardless of Renascent affiliation, this program helps children stay children while they heal.

"As many as 1 in 5 children and youth in Ontario will experience some form of mental health problem."

- Addictions and Mental Health Ontario



# Teen Program:

# Building Resilience for the Next Generation

Adolescents aged 13–18 navigate complex emotional challenges when growing up in a home impacted by addiction—challenges that are only intensified by the pressures of adolescence and their peers. With donor-funded support, Renascent's Teen Healthy Coping Skills Program equips youth with tools for resilience, emotional expression, and stronger relationships.

This specialized program for transitional-aged youth offers structured sessions, drop-in support, one-on-one counselling, and ongoing peer connection. It gives young people the support they need to navigate complex family dynamics while building confidence and self-awareness.

Family, Children, and Teen Care programs receive no public funding—they exist solely because of donor generosity. Thanks to the support of our donor community, this vital care remains accessible to families who might otherwise go without. Together, we're helping families heal across generations.

"Of the top 10 reasons children and youth ages 5 to 17 were hospitalized, mental health issues took the first, second, fourth, and tenth spots in 2022."

- Addictions and Mental Health Ontario



#### How you can help

# Immediate Capital Revitalization:

# Investing in Spaces That Heal

#### A Place to Heal-Made Possible by Donors

Your investment in Renascent's spaces is an investment in dignity, safety, and lasting recovery.

Renascent's treatment centres are more than just buildings—they are places of safety, dignity, and transformation. Owned by the Renascent Foundation, these beautifully restored heritage homes offer a warm, homelike environment where clients can begin the deeply personal work of recovery in a setting that feels calm, cared-for, and healing.

For many, especially those who have experienced trauma, homelessness, or unstable housing, entering a welcoming space is deeply restorative. But more than that—donor-funded homes like these become hubs of connection, where fellowship is formed and community is built. In group rooms, shared kitchens, and quiet lounges, people find healing not just in treatment, but in one another—surrounded by others who have walked this path alongside them.

The physical environment plays a vital role in supporting emotional safety and recovery. Every element, from privacy to accessibility, reflects a shared commitment to care that honours each person's identity and lived experience.

But these healing spaces require ongoing support. Philanthropic investment is urgently needed to maintain, restore, and modernize our treatment centres. Donor generosity preserves dignity, expands accessibility, and ensures that everyone has a safe, affirming place to heal—today and for years to come.

When donors invest in infrastructure, they give more than bricks and mortar—they create the foundation for recovery, relationships, and renewed life.

# Types of Giving Opportunities

The need for our services has never been greater. With one in five Canadians experiencing a mental illness or addiction issue, your donation will make an immediate impact.



#### Legacy giving

Leave a gift in your will as an act of generosity that will impact generations to come.



#### Corporate sponsorships and donations

One-time or multi-year pledges to support our programs.



#### **Event supporters**

Support one of Renascent's annual signature events.



#### **Third-party support**

Arrange a fundraising event that will support our programs.



#### Personal giving

Become a monthly or one-time donor.



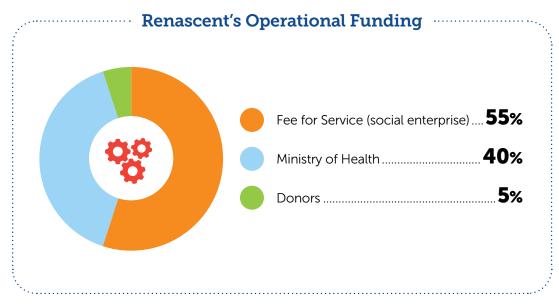
### **Guardian Angel (gifts of \$1,400 or greater)**

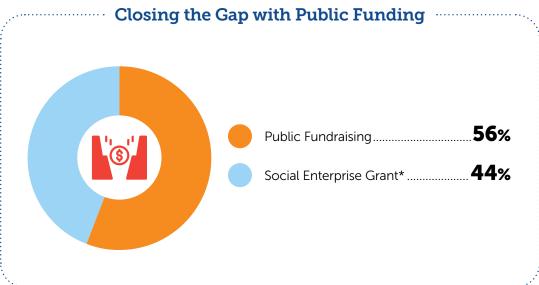
Your donation will help bridge the cost of treatment for those who are receiving care through our government-funded option.

#### How you can help

# The Difference Your Support Makes

At Renascent, your generosity fuels recovery. While we receive some support from the Ministry of Health and offer fee-for-service care, it is donor contributions that make the greatest difference. As a not-for-profit organization, every dollar you give goes directly toward delivering life-changing addiction and mental health care — ensuring more people have access to hope, healing, and a new beginning.





<sup>\*</sup> Social enterprise grant earned from program delivery revenue

# You Can Change the Story

Addiction continues to take a devastating toll — stealing lives, breaking families apart, and leaving communities reeling. But your support has the power to turn the tide. When you give to Renascent, you're not just making a donation — you're opening the door to accessible, compassionate care for individuals and families who are struggling. You become part of someone's turning point — the moment despair becomes hope, and isolation gives way to healing. Together, we can build a future where recovery is within reach for all who need it.

#### Impact of our services in 2024-2025:\*

- 770 clients received treatment in our live-in program.
- **36 clients** received continuing care bursaries.
- **442** children, teens, parents, siblings, partners, and loved ones learned how to cope through our Essential Family Care and Children's Program.
- 94% of our clients said "I would recommend this service to a friend."
- 97% of our clients said "I felt welcome from the start."
- 97% of our clients said "staff believed I could change and grow."

"Thank you for your part in the start of my recovery journey. I appreciate the compassion, sincerity, patience, and kindness you have shown me during my stay at the centre. The knowledge and wisdom you have passed on to me is a game-changer for my life going forward. I have learned valuable skills for not only staying sober, but also developing a foundation for lifelong recovery."

- Allen C., Renascent Alumni

<sup>\*</sup> The Ontario Perception of Care Tool for Mental Health and Addictions (OPOC-MHA)

# Karen's Story:

# A Mother's Journey Through Love, Loss, and Hope

Like so many parents, Karen felt hopeless. Karen's daughter started struggling with her mental health in her early teens. She was hospitalized due to depression and in early adulthood, a major traumatic event led to greater struggles. A once fun-loving child, Karen's daughter slowly transformed before her mother's eyes; and in the years that followed, she attended various treatment centres, including Renascent.

Feeling powerlessness over her daughter's addiction, Karen says, "I knew I had to give up the illusion of control over my daughter's addiction," said Karen. "Renascent's Family Program helped me navigate the disease of addiction as a parent. What I learned there was really quite informative. I took notes and did the homework."

Karen came to understand how addiction impacts families and, most importantly, how to find peace and joy again despite her daughter's ongoing struggles.

"The mother in me wants to 'fix' my daughter, but that's not my role," Karen explains. "Treatment centres like Renascent have the expertise to help the person struggling. My job is to focus on my own recovery."

Karen acknowledges that some days are still difficult. But through it all, Karen's "love for her never changed."

"There are moments when I struggle, knowing what my daughter is going through. But I am still living and enjoying my life as best as I can, because I've accepted that I can only control how I respond to the challenges presented to me."

Karen still maintains a loving relationship with her daughter. Their conversations are grounded in both love and healthy boundaries, a testament to the work Karen has done through Renascent's Family Program and Al-Anon.



The road to recovery starts here.

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