



FOR IMMEDIATE RELEASE

Sophia Recovery Centre Strengthens PCAP and Prepares for Future Growth

Saint John, NB | April 13, 2026 - The Sophia Recovery Centre (SRC) is pleased to share an update on the Parent-Child Assistance Program (PCAP) as the program continues to grow, strengthen, and integrate within SRC's broader continuum of care.

PCAP joined Sophia Recovery Centre in October 2025, building on the strong foundation established by its founder, Dr. Sarah Gander, and NB Social Pediatrics. As part of this transition, SRC's team has focused on aligning systems, strengthening collaboration, and ensuring long-term sustainability for PCAP and all SRC programming.

Training, Collaboration, and Community Engagement

To further strengthen service delivery, Sophia Recovery Centre will host the [PCAP Council from Alberta](#) for customized staff training sessions. **A community information event will follow on April 23, 2026**, offering partners and stakeholders a clear view of PCAP's future in Saint John.

Supporting Growth and Integration

As PCAP and other programs continue to expand, Sophia Recovery Centre is proactively exploring ways to ensure its physical spaces can best support women, children, and staff. Thoughtful planning is underway to enhance program flow, strengthen integration, and maintain trauma-informed, child-friendly environments. All while ensuring services, including PCAP, continue uninterrupted.

*"These next steps reflect our commitment to impact-driven growth," said **Julie Atkinson**, Executive Director of Sophia Recovery Centre. "Grounded in our shared mission, we are building a more connected and resilient organization to support our staff, the women and families we serve, and the broader community."*

About PCAP

The Parent-Child Assistance Program (PCAP) is a relationship-based, evidence-informed program that supports women during pregnancy and early parenting through intensive, long-term mentorship and advocacy.

About Sophia Recovery Centre

Located in Saint John, KV, Sussex, and Charlotte County, Sophia Recovery Centre empowers women and their loved ones to heal from addiction through trauma-informed care and a strong community of support.

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