



2025-2026

COMMUNITY IMPACT REPORT

Sophia Recovery Centre Annual Report

Support Starts Here

*Supporting Recovery.
Empowering Wellness.
Strengthening Community.*



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Serenity Garden at the Saint John Centre



Fabric Arts in Recovery Commons



The SRC Team in the Saint John Centre Garden

BUILDING THE FOUNDATION FOR WHAT'S NEXT

A Message from the Executive Director

This year marked a period of purposeful growth for Sophia Recovery Centre. As we expanded our reach across southern New Brunswick, our focus remained on strengthening the quality, impact, and sustainability of the support we provide to women in recovery.

We enhanced our services through the addition of the **Parent-Child Assistance Program**, providing intensive support for women navigating substance use, mental health, housing, parenting, and other complex challenges. We also launched **Side by Side**, a peer support initiative designed to reduce isolation and foster connection through shared experiences and community engagement.

“Recovery happens through **person-to-person connection** but also through communities that believe **change is possible.**”

To strengthen how we support participants and measure outcomes, we implemented a new care coordination model, adopted recovery capital science as a guiding framework, and introduced a new client management system.

These investments are helping us better understand participant progress and continuously improve our programs.

This year also brought important organizational milestones. We welcomed a new Director of Operations, completed a **five-year strategic plan**, strengthened cybersecurity practices, and began our **accreditation** journey. Together, these efforts position Sophia to remain a strong, accountable, and resilient organization for years to come.

What encourages me most is that every investment in our people, systems, and partnerships creates greater opportunities for recovery. Recovery happens through person-to-person connection, but also through communities that believe change is possible.

To the women who trust us to be part of their journey, our dedicated staff and volunteers, our Board of Directors, and the donors and partners who make this work possible, **thank you.**

Together, we are building stronger pathways to recovery and a stronger community for all.

HIGHLIGHTS

01

EXPANDED PROGRAMS - PCAP Introduced

02

ENHANCED CONNECTIONS - Side by Side Launched

03

STRONGER SYSTEMS - Strategic Growth & Accreditation



JULIE ATKINSON
Executive Director

STEWARDSHIP AND VISION

A Message from the Board of Directors Chair

This past year has been one of growth and learning for Sophia Recovery Centre. As I stepped into the role of Board Chair, I had the privilege of witnessing the organization's continued evolution as a leader in recovery support across southern New Brunswick.

A highlight of the year was the momentum created through Sunny Side Up and the introduction of the Inclusive Recovery City initiative. This collaborative effort brings community partners together around a shared vision of a more welcoming, recovery-supportive city and reflects Sophia's commitment to leadership beyond our own programs.

Within the organization, we expanded our capacity through new staff, enhanced services, and a renewed focus on

strengthening relationships and community connections. Guided by our new five-year strategic plan, these investments are helping ensure Sophia remains responsive to the needs of women and families seeking recovery and wellness.

The Board itself was strengthened through the addition of a new member, Holly Richards. Holly's strong background in addiction treatment and healthcare systems will help guide Sophia's continued growth.

I extend my sincere thanks to our staff, volunteers, donors, partners, fellow Board members, and the women who place their trust in Sophia Recovery Centre. Together, we are building a stronger recovery community where hope, healing, and connection can thrive.

HIGHLIGHTS

01

STRENGTHENING LEADERSHIP - New Board Member

02

PLANNING FOR THE FUTURE - Five-Year Strategic Plan Adopted

03

COMMUNITY LEADERSHIP - Inclusive Recovery City Initiative Launched

04

GUIDED GROWTH - Oversight Through Program and Staff Expansion



DR. TRACY MEYER, MD, FRCPC
Board Chair

IMPACT BEYOND THE NUMBERS

Every statistic reflects a woman who reached out, showed up, accepted support, or took another step forward on her recovery journey. At Sophia Recovery Centre, we are honoured to walk alongside women as they build healthier, safer, and fulfilling lives.

500+
unique women supported

790+
visits per month across 4 locations

9,478
recovery support interactions completed

While these statistics tell an important story, the true impact lies in what those numbers represent: **women reconnecting with family, securing housing, improving health, reducing substance use, and discovering renewed hope for the future.**

PROGRAM HIGHLIGHTS

Creating Pathways to Healing, Stability, and Hope

Over the past year, Sophia Recovery Centre supported more than 500 unique women through a continuum of recovery support programs designed to reduce barriers, strengthen recovery capital, and foster lasting connection.

Focused Pathways: *Individualized Recovery Journeys*

Through Sophia's Focused Pathways programs, women receive support tailored to their unique circumstances, strengths, and goals. Guided by trauma-informed and gender-responsive principles, these programs help women identify the supports they need and the recovery pathways that work best for them.

Recovery Connections provides personalized support for women navigating addiction, mental health concerns, housing challenges, family responsibilities, and complex service systems. Women work alongside our Advocates to develop individualized plans that reflect their priorities and lived experience.

The **Parent-Child Assistance Program (PCAP)** offers three years of intensive, relationship-based support for women who used alcohol or drugs during pregnancy. This year, 100% of participating women reported a reduction in the severity of their substance use, demonstrating the effectiveness of long-term, non-judgemental support built on trust and relationship.

Women seeking encouragement and accountability were matched with trained mentors through **Recovery Mentoring**, a structured 12-week program grounded in the power of lived experience.

For those requiring more intensive support, **Bridge to Recovery: Intensive Group Program (IGP)** provided a comprehensive six-week outpatient therapy program, helping women build coping strategies, strengthen recovery skills, and establish a foundation for lasting change.

Through these Focused Pathways, women took meaningful steps towards their life goals.

Recovery Commons: *Building Community and Belonging*

Recovery is sustained not only through formal treatment and support, but also through connection, belonging, and community. Recovery Commons programming provides a **welcoming environment** where women can build healthy routines, develop positive relationships, and access support without barriers.

The hundreds of women who engaged in Recovery Commons programs in Saint John and Sussex throughout the year participated in activities such as drop-in coffee, shared lunches, gardening, **art programs**, “Stitch & Knit”, “Music Monday”, **free haircuts**, and spa days. For many women, these programs served as an important first step toward re-engaging with community, **developing supportive social networks**, and **reducing isolation**.

Sophia Recovery Centre also hosted in-person SMART Recovery Meetings in Saint John and Sussex, helping women access **evidence-based recovery tools** in a **self-empowering and non-judgemental** setting. Weekly Family & Friends meetings extended support to women impacted by a loved one's substance use, creating opportunities for shared learning, mutual understanding, and **healthier communication**. Our centres have also served as a welcoming venue for a number of Twelve-Step groups.

Beyond the walls of the Centre, Text Connection and our private Facebook group helped women remain **engaged in their recovery** by delivering a **steady stream** of **encouragement, hope, and practical support**.

This year, close to 350 women found hope and healing via Recovery Commons programming at SRC.

- **246 women participated in Focused Pathway programming**
- **More than 340 participated in Recovery Commons programming**

R1 Recovery Capital Toolkits



RECOVERY CAPITAL refers to the personal, social, and community resources that help people start and sustain recovery. It includes factors such as health, skills, supportive relationships, safe housing, and access to services that strengthen long-term wellbeing and resilience.

The R1 Recovery Capital Toolkit is an amazing new resource for 1-on-1 and group work.

STORIES OF RECOVERY & HOPE

Please Note: All names are pseudonyms to ensure the confidentiality of our guests.

FINDING HOPE AND CONNECTION

Stacey's Story

“I didn't believe I could ever be in recovery, and I had no hope that life could look the way it does now.
IGP saved my life.”

After completing Bridge to Recovery, Stacey spent the holidays with family for the first time in years. Today, she continues to maintain her recovery and build a healthier future.



SMALL STEPS, BIG CHANGE

Amy's Story

Amy participated in the 12-Week Recovery Mentoring program with a goal to reduce her substance use one step at a time. With ongoing support, she steadily achieved her goals and ultimately reached full abstinence.



CHOOSING A NEW BEGINNING

Lisa's Story

“I'm grateful for the impact Sophia Recovery Centre and PCAP have had on my life.”

Following an intense struggle with substance use, Lisa connected with PCAP and found the support she needed to take the next step. She entered rehabilitation and is now working toward reunification with her children.



Every story of recovery begins with hope. Your support helps women and families access the programs, encouragement, and resources they need to thrive.

REACHING WOMEN ACROSS SOUTHERN NEW BRUNSWICK



SAINT JOHN & KV

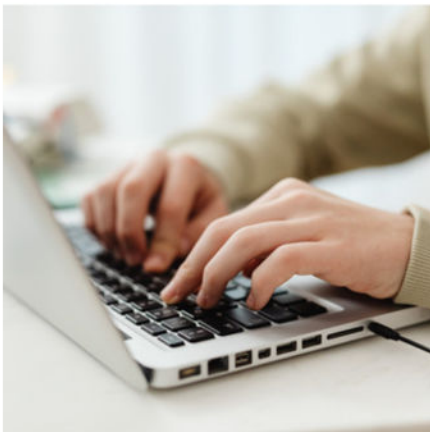
Carrying the Vision Forward

As Sophia Recovery Centre continues to grow, we remain deeply connected to the vision that inspired its beginning. We cherish Sister Mary Beth McCurdy's visits to our centres in Saint John and Quispamsis, which serve as a meaningful reminder of our roots and the transformative power of women's healing.

SUSSEX

Community Partnerships

Our partnership with Portage Atlantic has created a seamless continuum of care for young women, supporting them during residential recovery and as they transition back into the community through our Sussex site. Together, we are addressing a critical gap in continuing care and providing the support needed for sustained, long-term recovery.



CHARLOTTE COUNTY

Outreach and Virtual Connections

Our commitment to women and families in Charlotte County remains strong. This year, after careful evaluation, we closed our St. Stephen Centre and moved to an outreach-based approach. In smaller rural communities, many people prefer to access support in ways that offer more privacy than visiting a public location. By focusing on outreach, we can connect people with the right help at the right time, wherever they are. Although the physical centre in St. Stephen has closed, we continue to support individuals and families across the region through outreach, partnerships, and virtual meetings.

RESPONSIBLE STEWARDSHIP FOR LONG-TERM IMPACT

“

The generosity of our donors, funders, partners, and community members makes recovery possible for hundreds of women and families each year.”

Every dollar entrusted to Sophia Recovery Centre helps create meaningful pathways to recovery for women and families across Southern New Brunswick. Through responsible financial management, diversified funding, and strong governance oversight, we continue to strengthen recovery supports while investing in long-term organizational sustainability.

2025-26 FINANCIAL HIGHLIGHTS

Diverse Funding Sources

Government, foundation, corporate, and community investments helped expand recovery supports and meet growing demand.



85% Government & Foundation Grants
13% Donations and Fundraising
2% Other/Miscellaneous

Strong Financial Performance

SRC generated a positive operating surplus while maintaining sound fiscal management.



55% Government of New Brunswick
36% Government of Canada
9% Private Foundations/Other

Debt-Free Future

All long-term debt was fully repaid during the year.

Investing in What's Next

Unrestricted funds were reinvested into the More Room for Recovery expansion project.



81% Program Costs
(salaries, program materials, training and travel, etc.)
19% Operational Costs
(rent, utilities, insurance, office supplies and equipment, professional fees)

BEHIND OUR IMPACT

BOARD OF DIRECTORS 2025/26

Chair: Dr Tracy Meyer, BSc, MD, FRCPC

Vice Chair: Julie Trites

Treasurer: Karen Palmer, CPA

Secretary: Paula Nicholson

Immediate Past Chair: Dr Lynn Nagle, RN,
PhD, FAAN, FCAN

Dr Kim Barker, MD, CCFP, MPH, FRCPC

Diane Ganong, RN, BA

Emilie Wells, BA, MPA

Holly Richards, CHE MN BNRN BA
CPMHN(c) CMSN(c)

COMMUNITY PARTNERS

- GNB Department of Health
- GNB Department of Justice & Public Safety
- Health Canada, Substance Use and Addictions Program
- Women and Gender Equality Canada
- Horizon Health Network
- Edgewood Health Network
- Centre for Excellence in Women's Health
- United Way Maritimes
- Greater Saint John Community Foundation
- Sussex Area Community Foundation
- Windsor Foundation
- Dollar a Day Foundation
- Community Council on Homelessness
- Correctional Services Canada
- Kennebecasis Valley Domestic Violence Outreach
- Brighter Days Counselling Services
- Public Health: Planet Youth & Healthy Families, Healthy Babies Program
- Centre for Research, Education & Clinical Care of At-Risk Populations (RECAP) Health Services
- Portage Atlantic
- Avenue B Harm Reduction
- Saint John Learning Exchange
- Elizabeth Fry NB
- Coverdale Centre for Women
- Hestia House
- First Steps Housing
- NB Social Pediatrics



TISHA MORRISON

As Director of Operations, Tisha brings strong leadership in operations, people management, and organizational development, helping build the systems and structure needed to support SRC's continued growth and impact.

2026–2030 STRATEGIC PLAN

The SRC Board undertook a comprehensive strategic planning process involving staff, volunteers, partners, funders, and women with lived experience. Guided by in-depth stakeholder consultation, organizational evaluation and research, the process resulted in a clear roadmap for growth and impact.

The plan focuses on improving access to support for women, strengthening partnerships and community impact, advancing organizational sustainability, and ensuring long-term financial and operational strength. It positions SRC to continue leading innovation in women's recovery while responding to emerging needs across New Brunswick.

THANK YOU!

LOOKING FORWARD TO 2026/27

- **Strengthen partnerships** to build a more integrated continuum of care for women.
- **Expand and enhance our facilities** to meet growing demand and improve access to recovery support services.
- **Pursue accreditation** to advance quality, excellence, and accountability.
- **Plan for the future** through long-term financial sustainability and stewardship.



Support
Us



6TH ANNUAL

SAVE *the* DATE

FRIDAY, OCTOBER 23RD
DOORS OPEN @7:45AM
DELTA MARRIOTT BALLROOM
SAINT JOHN



SUNNY SIDE UP
RECOVERY BREAKFAST



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