

Women's Addiction Recovery Mediation (WARM)

All WARM groups are influenced by feminist, trauma informed, harm reduction, art therapy, CBT and DBT models. Groups are an open weekly women's support group with continuous intake. This allows women to start at any point in the program, without any mandatory attendance expectations that allow women to access support as they need and are able to. The WARM program celebrates and empowers a woman's ability to make choices, decisions and change within her life.

Who: Identify as women, ages 16+

Programs: Individual Support, Workshops and various Women's Support Groups

Women's Support Group Descriptions:

Support and Skills Groups

The Support and Skills Group is WARM's original support group format. Professionally facilitated, participants are guided through a process group that provides the opportunity to share their experiences with addiction in a safe, confidential and mutually respected environment. Participants are then invited to consider a psycho-educational skills development activity that builds motivation, awareness, and coping skills.

Voices Beyond Addiction Advocacy Group

The Advocacy Group acknowledges the stigma of addiction and encourages participants to share their voice and advocate for addiction issues through self-determined projects. Through a strength focussed approach, group members will choose addiction issues that are important to them, participate in leadership training, design advocacy campaigns, and put them into action. This program will enhance leadership skills, encourage community involvement and mobilize agents of change.



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Peer Support Group

A Peer Support Group is a safe place where women with common experiences can gather, support and learn from each other in an equal environment without a facilitator. Peer support groups acknowledge the valuable information women possess to share with each other through their own experiences and knowledge. A peer group acknowledges the hierarchy and authority that facilitators may bring to a therapy space and provides participants with a casual, equal and mutually supportive environment to build healthy relationships, develop mentorship connections, practice new skills, exercise leadership, and gain authorship of their recovery experience through a self-guided program guide.

Motivation Group

The WARM program now visits St. Catharine's Women's Withdrawal Management Centre on a 3-week cycle to facilitate a Motivation Group. For women contemplating change and beginning to putting change into action. Participants are invited to share their experiences, complete a motivational activity and receive information on WARM Niagara and the YWCA Niagara to begin to cultivate supports and meet their basic needs (housing, food support, etc.).