

## ABOUT US

**Crossroads** is a not for profit organization dedicated to helping those with addiction or anger management problems. Our doors opened in April of 2007 to serve Windsor and Essex County. We offer a wide variety of services to fit your needs.

**Crossroads** is an approved Green Shield service provider for family benefits. We have also been approved by various employers and other benefit providers to bill directly. Please consult with either your union representative or benefits provider to determine whether you have coverage.

## What's in A Name

**Crossroads:Centre for Personal Empowerment** is not only the agency's name, but more specifically the agency philosophy. Instituting change in one's life is not an easy undertaking and will not come about overnight or without a great deal of effort

At **Crossroads**, we believe very strongly that anyone undergoing changes in their personal lives must be convinced that the end result will be worth the effort required to do so. Clients are supported, encouraged and guided through their personal changes with a positive oriented focus. Please feel free to call if you have any further unanswered questions or concerns and we'll do our best to provide you with the answers you seek. Call us today to schedule a program intake interview and arrangements will be made to initiate your enrollment in the most appropriate program to deal with your particular circumstances.



## Education, Support & Counselling

For those whose lives have been  
complicated by

**Addiction or Anger**

### Contact Information

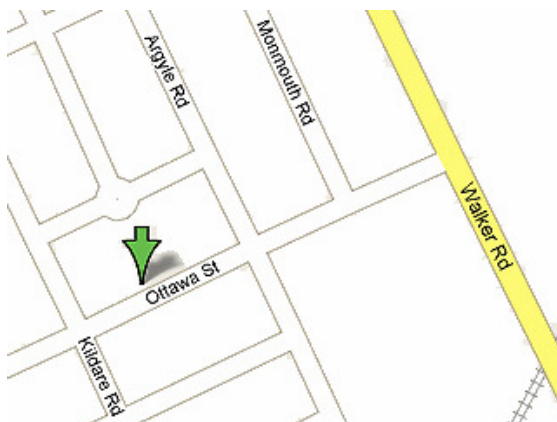
1980 Ottawa St. Lower Unit

Windsor, ON N8Y 1R7

Phone 519-252-5456

Fax 519-252-8230

crssrods@mnsi.net



## OUR SERVICES

### IMPORTANCE OF THERAPY

Sometimes emotions and stress get the better part of us, where our actions and sub-consciousness are neither logical or rational. Anger and drug addiction affects you and everyone around you, your family, friends and co-workers. Not only do you isolate yourself, but alienate the people around you.

Struggling alone doesn't necessarily always help to deal with your own demons. With the support of others, you can be guided towards the correct path. When dealing with these problems, one can experience increased levels of stress, depression and financial losses.

You may lose productivity at work, be passed over for a promotion or spend money feeding your addiction. Crossroads therapy options offer a unique approach to increased self esteem, a renewed interest in life and the opportunity to plan your own resolution to your addiction or anger challenges

### GROUP THERAPY

*Road Ahead* is a **relapse prevention program**. This program consists of 2hour sessions that run Monday evenings 7-9 pm. These two hour meetings are divided into 2 sections. The first half of the session consists of a check-in, announcements, and then an educational segment. The remainder of the meeting becomes a support meeting with a formalized code of conduct signed by each and every participant. Then there is a check-out and the meeting concludes.

There are **Alternative Conflict Resolution (ACR)** groups available for men and women held Tuesday and Thursday evenings respectively. Group sessions run between 7-9 pm for a 10 week segment. Each meeting has an opening reading, a check-in, then the educational segment of the meeting begins. Course content includes evaluation of anger, recognition and understanding of anger, then ways to recognize early onset of the emotion. Anger deceleration strategies are introduced and clients are encouraged to process their emotions and feelings and respond appropriately. Certificates of completion are awarded to clients who complete the course.

### INDIVIDUAL THERAPY

At Crossroads we have several qualified therapists available to deal with a wide range of issues including addiction therapy for both the addict/alcoholic and also for their respective family members. Crossroads also provides *Alternative Conflict Resolution* (traditionally thought of as anger management). Addiction and anger impacts the lives of each and every family member and our approach to dealing with entire family simultaneously will most often strengthen the family unit so that their lives can resume some sort of normalcy. We've recently added a program **Families in Need** to assist families including the children to deal with separation or divorce

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