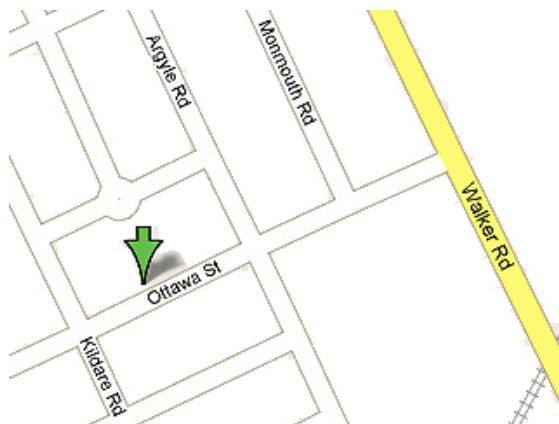


ABOUT US

Crossroads is a not-for-profit organization dedicated to helping those who have been impacted directly or indirectly by substance abuse or anger management difficulties. 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.

Crossroads would like to thank all of our community partners and agencies for their continued support and monetary donations in the past, present and future.



What's in A Name

Crossroads: Centre for Personal Empowerment is not only the agency's name, but more specifically the agency's philosophy. Making change in one's life is not easy and will take dedication and perseverance.

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. Arrangements will be made to initiate your enrollment in the most appropriate program to assist with your current circumstances.

Contact Information

1980 Ottawa St, Lower Unit

Windsor ON N8Y 1R7

Phone: 519-252-5456

Fax: 519-252-8230

E-mail: info@crossroadsc4pe.ca

Website: www.crossroadsc4pe.ca

On Facebook @CrossroadsC4PE



Education,
Support &
Counselling

For those whose lives have been complicated by addiction, anger, and/or co-dependency

OUR SERVICES

IMPORTANCE OF THERAPY

Sometimes emotions and stress get the better part of us, where our actions and subconscious are neither logical or rational. Struggles with our mental health and unhealthy thought processes may affect an individual and everyone around them including family, friends, partners, and co-workers. These issues may lead us to self-isolate as well as alienate the people around us.

Struggling alone does not help us to deal with your own demons. With the support of others, you can be guided towards a healthier path. When dealing with emotional problems alone, one can experience increased levels of stress, depression, and substantial financial losses.

Anger, Substance abuse, and co-dependency may cause a loss of productivity at work, may result in being passed over for a promotion, as well as other severe negative impacts to your life. Therapy options provided at the Crossroads Centre for Personal Empowerment offer a unique approach to increase self-esteem, a renewed interest in life, and the opportunity to plan your own resolution to your addiction, co-dependency.

INDIVIDUAL THERAPY

Road Ahead is an *ongoing relapse prevention program*:

- 2 hours group sessions
- \$10 Session fees apply
- Professionally facilitated
- Every Monday 7–9pm (excluding holidays)
- Educational and Support segments
- Co-ed group

Alternative Conflict Resolution (ACR) is an *anger management program for men and women* :

- 10 week program (plus intake)
- 30 minutes per session
- Completion certificate provided upon request
- \$50 per session (Sliding scale available if needed)

I Choose ME! (ICM!) is a *codependency program for men and women*:

- 11 week program (plus intake)
- 30 minutes per session
- \$50 per session (Sliding scale available if needed)

Alternative Recovery Tools (ART) is a structured *relapse prevention model* designed for adult individuals with substance addiction issues.

- individual basis (Typically 8-12 weeks)
- 30 minutes per session
- Completion certificate provided (upon request)
- \$50 per session (Sliding scale available if needed)

WANT TO GET INVOLVED IN A PROGRAM OR RECEIVE MORE INFORMATION ON PROGRAMS AVAILABLE?

CONTACT US OR SCHEDULE AN INTAKE TODAY AT
519-252-5456!

FOR UPDATES ON SPECIAL PROGRAMS OFFERED FOLLOW US ON FACEBOOK @CROSSROADS C4PE

“The only person you are destined to become is the person you decide to be.”

– Ralph Waldo Emerson