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warm

offers women the opportunity to live at home, maintain jobs, continue family activities while accessing intervention and prevention programs designed to help the individual work through addiction issues.

This format helps women maintain employment and social and family ties. We see this as helping make WARM a viable and effective recovery option.

The type of service we provide involves both the family and the community as important ingredients in the overall recovery process.

Eleven step retreat – evaluations

The best part of the weekend:
 1. The meditation, group sharing, understanding the 11th step.
 2. The true heart sharing, the laughter (the pain) then more laughter.
 3. Excellent, Inspiring/Hopeful/Deeply Personal & Spiritual.
 4. The mediation, group sharing, understanding the 11th step.

What I learned this weekend that I can use in my daily life:
 1. Keep attentive of daily mediation.
 2. I can use my inner peace.
 3. Be more appreciative of myself. Honour my ability to adjust to a new environment.
 Continue wholeness seeking.

Other comments:
 1. felt connected, at peace, present and alive.
 2. Unique and meaningful.
 3. Being with women who have a willingness to grow in recovery, who spiritually take responsibility for their lives.

the warm dove



The warm dove is the symbol of hope and peace - the goal WARM wants for everyone. She carries the ribbon, symbol of the journey of steps we all must take.

And she also carries the heart—symbol of the truth which is the heart of all healing, peace and freedom

the warm up!



Diane Doneff Presented with Community Achievement Award



Kathie Scott, Diane Doneff and Norma Medulun

Addictions Ontario in partnership with The Niagara Addiction Treatment System held their Recovery Awareness Breakfast on September 8th at the St. Catharines Golf & Country Club, as part of their provincial Recovery Campaign.

Kathie Scott, Executive Director of Community Addiction Services of Niagara welcomed an enthusiastic crowd to enjoy food and fellowship and to celebrate addiction recovery. Diane Doneff, founding Director of Women's Addiction Recovery Mediation, shared her own personal recovery journey.

Diane's personal journey started 30 years ago when she found a program and people who believed in her until she could trust herself to live a sober life, one day at a time. Diane was given the tools and processes by which to heal her past wounds. For the past 20 years, Diane has felt privileged to share these tools and processes while supporting other women and their families in their journeys of recovery through WARM.

Norma Medulun, President of Addictions Ontario presented Diane with the 2010 Community Achievement Award in recognition of Diane's commitment and outstanding service to the field of addiction recovery.

October 2010

WARM is dedicated to improving the quality of life for women and their families.

WARM is committed to addressing addiction issues in ways that lead to promoting healthy communities.

Inside this issue:

Diane	1
Dance	2
retreat	2
United Ways and WARM Bingo	3
Fort Erie, Niagara Falls and Welland Services	3
Eleven step retreat - evaluations	4
The WARM dove	4

February Retreat

2011 WARM Women In Recovery
Educational Retreat Program

February 18th - 20th 2011

At Avila Hall, Mount Carmel Center
7021 Stanley Ave. Niagara Falls, ON

\$180.00 (A non-refundable deposit of \$80 is required to hold a reservation)

The retreat is based on the 12 Step Philosophy with the focus being on Step 1.
Space is limited to 16 participants. Diane Doneff and Karen McCollum facilitate.

To reserve for 2011, please call WARM @ 905.871.9195

Celebrate Recovery Fall Alcohol and Drug Free Dance for ARID and WARM

The event will be held on Saturday November 20th at the Fort Erie Native Friendship Centre on Buffalo Road and is an annual drug and alcohol awareness event for both WARM and ARID (Alcohol Recovery In Dignity) during Alcohol and Drug awareness week.

The music will be by Renegade: a Niagara-based Dance Party Band. Despite the fact that they have over 100 years of combined live experience,



they still play like they're back in high school. They do it because they love it and it shows. They'll get crowds of all ages movin' and groovin' right from the opening song!

This will be a joint celebration of hope, in our commitment to addressing addiction issues in ways

the warm up!

that promote healthy communities. We offer leisure activities that are alcohol and drug free to enhance recovery. The journey is three-fold - physical, mental and spiritual.

Last year we saw 150 participants.

The doors open at 6:30 with recovery stories at 7:00 and music at 8:00 PM.

Tickets - \$10.00 in advance and \$15.00 at the door.

Call 905-871-9195 or 905-871-7041 or 905-227-1113 for tickets.



warm services



Weekly Women's Support Groups

Fort Erie

Thursday Evenings @ 6:30 p.m.
20 Jarvis St., Fort Erie
Wednesday Mornings @ 10:00 a.m.
The Well, 1495 Evelyn Ave., Fort Erie

Welland

Mondays (Bi-weekly) 6:30 - 8:00 p.m.
Adolescent Family Support Services
Niagara
285 Main St. E. Welland

Niagara Falls

Mondays (Bi-weekly) 6:30 - 8:00 p.m.
Y.W.C.A.
6135 Culp St., Niagara Falls

For registration and more information, call Diane Doneff at 905-871-9195.824

Intake must be completed prior to attending any group.

You are not alone

Please support United Ways

Last year WARM received life-saving support from both local United Way Branches. These funds are the backbone of funding to support services to women in recovery in Fort Erie, Niagara Falls and Welland.

The United Way runs fundraising campaigns from September to the end of November every year.

Please call United Way of Niagara Falls & Greater Fort Erie at 905-354-9342 or call United Way of South Niagara at 905-735-0490 to make a donation or for tickets to their many fundraising events. More

information is available at www.unitedwayniagara.org or www.unitedwaysouthniagara.ca

Your gift to United Way helps WARM and many other agencies deliver services in Fort Erie, Niagara Falls and Welland.

On Sunday October 3rd, partial funding from United Way helps WARM deliver a Women's Personal Safety Skills Training program at 5064 Victoria Avenue in Niagara Falls. Sensei Deborah Toth will share her 29 years of martial arts experience.



Wanted

WARM needs Bingo Volunteers! WARM runs bingos in Fort Erie at The Golden Nugget almost every week and we need help with selling and counting and stuff. It is fun and easy. And you will be an angel for WARM!

Please call Kathy at 905-871-9195—extension 823.