



A Letter of Gratitude

To the Fresh Start family and our neighbouring communities,

My name is Henrik – I am a recovering addict and an alumnus of the Fresh Start Recovery Centre living in their Community Continued-Recovery Housing.

When I first walked through doors of Fresh Start in June 2020, I was lost and felt a need for change in all areas of my life, born out of desperation; I had no idea that I would be entering a sanctuary of acceptance and transformation, and above all, of unconditional love. During the treatment phase at Fresh Start, I experienced a profound and fundamental change. Far beyond getting clean and sober, even beyond freedom from the gripping thoughts of drugs and alcohol, going through treatment helped me start to learn how to embrace life to the fullest, find my own family and a sense of belonging, discover my true inner self, and embark upon a lifetime's journey of higher purpose and deeper meaning. Upon completing treatment, a sense of fear and trepidation yet remained as I started to ask myself – how could I ensure that I re-enter society and maintain the actions I had taken in my daily life, leaving behind the safe environment of the facility I had called home for 4 months?

In search of the best option for my post-treatment plan, I connected with a few alumni that lived in FSRC's Community Continued-Recovery Housing and visited their homes in the community nearby. They would invite me over for "family dinners" and talk to me about their experience coming out of treatment and into where they are now. Having had my own experience with sober living, I was immediately impressed by the great condition and comfort of the home that Fresh Start had provided them, and furthermore, by the continuous support of the Fresh Start staff and fellow alumni that surrounded them in the next phase of their journey. The choice became clear to me at that point – instead of moving back to my old apartment which I had kept during treatment and originally intended to return to, I would move into the wonderful supported living provided by Fresh Start.

Since November 2020, I have transitioned to living in FSRC's community housing on Edmonton Trail; I am grateful beyond words for the unwavering support and deep connection that I have been surrounded with through life's peaks and valleys. As many of us face real-life challenges such as school, employment and finances, my continued recovery and the home I have enable me to move forward through hard times, to keep showing up and do my best, to use my skills and resources to solve my problems, and most of all, to channel everything I've learned in order to help others around me.

A life worth living and how to live through it – that is the greatest gift Fresh Start has given me.

Today I am 282 days clean and sober, with hope in my heart rising from the ashes of my past; with this letter I thank Fresh Start and our communities for where I am in this moment, alive and breathing, standing in the sun, head held high – for I live no more to shame, nor me, nor you. Light is the path ahead.

With profound love and gratitude,

Henrik Frost

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