

Nurturing
the path to
recovery.



Healthy minds.

Bodies.

Spirits.

Communities.

What is Jellinek Sober Living?

Jellinek is a safe and nurturing program designed to guide people recovering from alcoholism and drug addiction. Participants live together and support one another on their path to lasting sobriety.

Abstinence is a required part of the program, supported by on-site 12-step meetings and professional counselling staff. During their time with us, residents receive meal service along with resources to help them meet their personal goals.

When it comes time to leave Jellinek, our former residents are prepared to go out into their community and live better life.

Who do we support?

Jellinek Sober Living supports people recovering from addiction who have already taken the first step to sobriety. People who join our program have to be sober for at least 30 days.

Our residents must fully abstain from alcohol and drugs to remain in our program. Personal growth is also an essential part of life with Jellinek, whether it's applying to school, volunteering, returning to work, or reintegrating with family life.

Once our alumni are back on their feet, they are ready to make a positive impact in their community.



What makes us unique?

We treat the whole person, not just sobriety. Our work focuses on fostering healthy minds, bodies, and spirits, which can powerfully transform people's lives.

We believe abstinence is the most effective way to treat addiction. We follow the principles of the 12-Step Model and have seen our approach succeed time and time again.

Our residents, staff, and board members have all personally dealt with addiction. We know the struggle of choosing sobriety every day. We show empathy and care towards those who are overcoming addiction.

Jellinek has been making a difference in people's lives for over 60 years. Our program has helped countless people recover from substance use and start a better life.

"Jellinek has provided me with the opportunity to begin upgrading at Norquest College, which will hopefully lead me towards my aspirations of becoming a dentist."

"Living at Jellinek afforded me the time I needed to heal from my past trauma; to mend myself and grow in my sobriety; to seize the concept of recovery and sober living."

