

# HEALING THROUGH THE SAVIOUR

## *Addiction Recovery Program (ARP)*

*The Church of Jesus Christ of Latter-day Saints*

Addictions and compulsions may include the use of substances such as tobacco, alcohol, coffee, tea, as well as various prescription and street drugs. These may also include behaviours such as gambling, viewing pornography, lust, inappropriate sexual behaviors, video gaming, excessive technology use, and unhealthy eating. It is common for addictions and compulsions to affect the mind, body, and spirit so an adequate solution must address all of these various facets of a person's life.

Healing Through the Saviour helps individuals to use the atonement of Jesus Christ to prevent or recover from addictive and compulsive behaviours that impact their agency and covenants. No referral is necessary; anonymity and confidentiality are maintained. The only requirement is a desire to stop harmful behaviours and find new strength.

The Program is for anyone 18 years of age or older, church member or not, experiencing addictive or compulsive behaviours. Additionally, groups are available for loved ones supporting individuals who are challenged by these activities. Healing Through the Saviour is a gospel-centred, 12 step program intended to help people to access the strength of the atonement available to them as they look to regain control, agency, and peace in their lives. Meetings start at 7:30 PM and last about 60 minutes.

### **TUESDAYS:**

- **General Addiction – Men & Women**

Meeting - In-Person – Parkland SW Meetinghouse, 14540 Parkland Blvd SE, Calgary

Meeting – Zoom Only – <https://churchofjesuschrist.zoom.us/j/92433231198?pwd=eVYyeGEyT2J0eTIVMEI3ZHBFVE43QT09>

### **WEDNESDAYS:**

- **General Addiction – Men & Women**

Meeting - In-Person – Banister Dr. Meetinghouse, 384 Banister Dr., Okotoks

Zoom Link to Above Meeting – <https://churchofjesuschrist.zoom.us/j/98461087516?pwd=S2oxYmpvaDhPdGszWFRGd0I5a0c4UT09>

- **General Addiction – Women Only**

Meeting – Zoom Only – <https://churchofjesuschrist.zoom.us/j/94416710230?pwd=eHBJYVIndWF1bUI3WFhVMFEwWnE5dz09>

- **Pornography & Substance Abuse – Men Only**

Meeting - In-Person – Calgary Alberta Stake Centre, 2021 17<sup>th</sup> Ave. SW, Calgary

Zoom Link to Above Meeting – <https://churchofjesuschrist.zoom.us/j/98987828894?pwd=U21vV3hRSWRVUFINSHBHR0RIK0xJQT09>

### **THURSDAYS:**

- **General Addiction – Men & Women**

Meeting - In-Person – Martindale NE Meetinghouse, 95 Martindale Dr NE, Calgary

- **Spouse & Family Support – Women Only**

Meeting – Zoom Only – <https://churchofjesuschrist.zoom.us/j/96165021734?pwd=d2ErK3o2M3N2Y21UWXIY0XBJUGYzz09>

For further information, go to [ARP Information](#) or [arp.churchofjesuschrist.org](http://arp.churchofjesuschrist.org). You can contact Calgary Family Services at 587-315-0248. You can also talk to your Bishop, Elders Quorum or Relief Society president, or the Calgary Area ARP Coordinators, Elder and Sister Lamb at 403-966-6864 / 403-966-6053, or send an email to [rllamb@churchofjesuschrist.org](mailto:rllamb@churchofjesuschrist.org).