



Women who want to be a part of the Cornerstone community will exhibit a motivation to make lifestyle changes and a commitment to living a life in a community based on accountability and by being involved in programming based on individual needs.

Mission Statement

Giving Hope Today.

We will achieve this mission by providing programs and services that encourage positive life-changing experiences, promote wellness, encourage excellence, build character and inspire faith for all people who come into our sphere of influence.



Giving
Hope
Today

The Salvation Army
Edmonton Centre of Hope

Main Office

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Cornerstone Office

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CORNERSTONE
PROGRAM



Edmonton
Centre of Hope

Cornerstone is a one (1) year transitional housing program that offers a safe, sober, and affordable place to live, while working on an individual's wellness and recovery, whether related to addiction and/or mental health disorders.

The Program speaks to one of inclusiveness, one that shares the love of Christ with those women who come into its door, and treats all women with respect and dignity.

The women at Cornerstone live independently, and are a mutually supportive group dedicated to their own personal growth in wellness and recovery.



Property & Amenities

- Partially furnished bachelor & 1-bedroom suites
- Utilities included
- Common Room
- Fitness Room
- Smoking Area
- Flower / Garden beds (summer only)
- On-site parking available
- Camera / Security system
- Within walking distance: bus stops, grocery shopping, restaurants, pharmacy, library, churches, gas stations.

Requirements & Program Rules

Participants must have already completed an addictions treatment program, and/or have not used any alcohol or illegal/illicit substances in the past three (3) months. Participants must be willing to follow program rules and sign the Service Agreement which includes, but is not limited to:

- Abstaining from alcohol or illegal/illicit substance use for the entire duration of the Service Agreement
- Be able to safely manage two flights of stairs
- No overnight guests
- Attend mandatory WINGS Program classes, monthly house meetings, and events as scheduled
- Complete assigned weekly building chores, indoors and outdoors
- Maximum stay is one (1) year

Individuals who are interested in the Cornerstone Program will need to complete an intake assessment with program staff.

Please contact us for rates and eligibility at 780-474-7499

WINGS Program

WINGS is a life skills program offered to the residents at Cornerstone. The WINGS program provides a holistic educational experience, that develops a comprehensive set of skills, in order to better handle life challenges.

The WINGS program is designed to build resources that enable participants to move towards making healthier choices when they are coping with stress and adversity. This is done by developing behaviours, routines, and activities that nurture all aspects of health and wellness.



There are six modules in the WINGS program that help us achieve the goal of health and wellness, they are:

- Creating and Maintaining Healthy Relationships
- Identifying and Managing Emotions
- Strengthening Self-Worth and Self-Value
- Sharpening Practical Life Skills
- Enhancing Physical Wellness and Creativity
- Refining and Empowering Spiritual Health