

Who We Are

Since 1903 the YWCA has been the leading advocate for women and children in our community.

Through a combination of service and social action we reach out to women who are seeking solutions to abusive situations, who are fighting substance use, who are in need of job training and education and who want to improve their lives for themselves and their children.

YWCA North Central Indiana services include:

- Emergency safe shelter for victims of domestic violence
- Safety planning
- Counseling & case management for both adults & children
- Child care
- Access to healthcare services
- Sexual assault counseling
- Economic empowerment classes
- Self-sufficiency education
- Substance use treatment & groups
- Legal Advocacy including help obtaining civil protective orders
- Community educational programs on domestic violence, sexual assault, substance use and dating violence prevention

24 hour Crisis Line

1-866-YES-YWCA

bilingual services available

www.ywcancin.org

St. Joseph County Safe Haven Shelter & Administration

1102 S. Fellows St.

South Bend, IN 46601

574-233-9491

Elkhart County Safe Haven Shelter

132 State Street

Elkhart, IN 46516

574-294-1811

Elkhart County Non-Residential Services & Administration

23426 US. 33

Elkhart, IN 46517

574-830-5073

**eliminating racism
empowering women**

ywca

Substance Abuse Program & Services



**YWCA
IS ON A
MISSION**

Women's Journey to Recovery

YWCA North Central Indiana recognizes the special needs women bring to substance use treatment and the obstacles they face in early recovery.

The Women's Journey Substance Use Treatment program is specifically designed for women utilizing a 16 step program of recovery and empowerment.

Our program, one of only four programs in the state of Indiana that allows women to bring their children with them during treatment, has achieved documented success and has helped many women begin new lives.

Substance use treatment includes:

- Detoxification services (by arrangement with local provider)
- Individual and group substance use counseling
- 60 to 70 day residential and non residential services for children of women in treatment
- Case management
- Childcare during programming
- Housing opportunities
- Aftercare support groups
- Access to healthcare services on site
- Morning and evening classes

Frequently Asked Questions

Q: How do I know if my drinking or drug use is a problem?

A: Chances are, if you have to ask yourself this question, then some type of problem likely exists.

Q: Every time I try to quit I always end up using again. Is there really a way to quit for good?

A: Everyone is different and recovery is hard work. That is why we treat every person as an individual with her own plan geared to her needs and unique substance use issues. And yes, there really is a way to quit for good.

Q: What if I want to get help but don't want everyone to know about it?

A: We understand. All treatment is confidential. You decide who, if anyone, knows about your treatment.

Q: What about the cost of treatment?

A: Most clients qualify for funding that allows us to provide treatment without cost to you. For those who do not qualify we have a very reasonable sliding scale of payment. No one will be turned away for inability to pay.

Q: Do I qualify for services?

A: All women who are at least 18 years of age can qualify for the YWCA's Women's Journey Substance Use Treatment Program.

What You Can Do

Call the YWCA at
1-866-YES-YWCA

We have decades of experience helping women beat the vicious cycle of substance use. Our goal is to help you get your life back.



One Woman's Journey

After 20 long years of drug use I was tired.. physically and emotionally. It took everything I had to walk through the doors of the YWCA. All I knew at that moment is that I did not want to use drugs of any kind anymore. My habit had made me do terrible things to myself, my friends and my family.

Since my arrival here I have successfully completed the substance use program with the help of my counselor and my support group. The program has provided me with the tools I need to stay clean. I've learned so much about me. Today I attend 12 step meetings, I have a sponsor and I have hope for the future.

-YWCA Client-