



BREAKING CYCLES OF DEFEAT SINCE 2007

FEBRUARY 2024

## We Are More Than Addiction Treatment

Although we are known across the province as a residential addiction treatment program, our services go beyond those dealing with addictions. Our model of Inner Healing is such an effective tool for people in addiction, that it has become the cornerstone of our residential program. Our participants often share how the impact of Inner Healing has positively affected their lives.

Inner Healing is a viable option for people coming from the community, who may not be struggling with an addiction but want to overcome their own cycles of defeat and experience freedom, healing, and transformation. While traditional therapy focuses on analyzing and addressing behavioral patterns, Inner Healing takes a unique route by delving into the spiritual and emotional aspects of an individual's life. Inner Healing serves as a valuable tool to navigate the complexities of life, fostering personal growth, emotional resilience, and spiritual well-being. Rising Above has trained facilitators who can lead individuals through a process of identifying and resolving deep-seated emotional wounds, unhealed memories, and limiting beliefs. By addressing these underlying issues, Inner Healing empowers individuals to experience profound healing and lasting transformation.

I first experienced the power of Inner Healing in my own life over 20 years ago, the transformation that took place has left a lasting impact. I can honestly say that I would not have had the ability or confidence to start Rising Above if I had not experienced the healing and freedom I gained through Inner Healing. My voice is one of hundreds of voices that says, "Inner Healing changed my life". It can change yours as well. To find out more about Inner Healing, or to book an appointment with one of our trained facilitators, please call our office at 780 533 3025.

Blessings,

*Mel Siggelhow*

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Keep your eyes open for a charitable tax receipt from Rising Above coming to you via email and mail!



# HOPE LIVES

2024  
Banquet

*Saturday*  
**March 23**

Doors Open 5 PM | Dinner 6 PM  
at TARA Centre

**TICKETS**

\$75/Person or \$600/Table of 8  
Available: [risingabovegp.com](http://risingabovegp.com)

- Participant Stories
- Rising Above Update
- Live Performances
- Silent & Live Auction

*Thank You Sponsors*





I WILL GIVE YOU A NEW HEART AND PUT A NEW SPIRIT IN YOU; I WILL REMOVE FROM YOU YOUR HEART OF STONE AND GIVE YOU A HEART OF FLESH. EZEKIEL 36:26

## Cory's Story

I've been a heroin addict for 20 years. My addiction started at the age of 12 when I began dabbling with weed and alcohol. By 15 I was doing cocaine and acid. I never once thought I would be a seasoned heroin addict in my 40s.

I grew up in a violent home but never associated my rage with my upbringing. I never understood the pain I was trying to cover up. I just thought I liked doing drugs and couldn't stop. Addiction brought me to very dark places. Jail, the streets, having my children taken from me, having my wife leave me, I even disappeared for over 2 years and my family thought I was dead. I was homeless on the streets of Calgary and, honestly, I didn't want to be found. I did not know how to function properly without drugs and I did not think recovery was possible.

I had the opportunity to come to Rising Above a few years ago, but I thought places like this were institutions, and I had my fill of those places. Why would I voluntarily be "locked up?" Then I was fed a little fib – my mother told me I was going to be a grandfather. This lie saved my life because she knew if I fell for it, it may be my saving grace. It worked! And I am not even mad about it. I needed a wake-up call and a HUGE one. Now I am over 5-months into the program and getting ready to graduate. I never used to cry, ever, but now I cry almost every day. Inner Healing cracked me open and a storehouse of emotions came flooding out – and it hasn't stopped in months! I am just so grateful for this life and for the chance to live it clean. The chance to heal and discover the lies I've carried for a lifetime. Someone told me of a scripture – something about a stone heart and how it becomes like flesh. This resounded with me deeply.

Something I can't quite wrap my head around is why me? Why have I not died? I have witnessed so many deaths by this drug. I was doing the same drug as all of them, and yet here I am. Heroin cooks your brain, but yet I am still functional, and I don't look like I've battled a 20-year heroin addiction. The only answer I have is I must be here for a reason, and I don't want to waste this opportunity.

For anyone reading this who may be struggling, recovery IS possible. It's not easy. But if you're willing to put in the work, it is possible to get clean.

- Cory

**“Out of all the places I've been and addicts I've encountered, no one ever knew they were trying to mask their pain with drugs and alcohol.”**



# A New Facility for Rising Above



- **INCREASED CAPACITY FOR RECOVERY IN THE NORTH**
- **WILL BRING ALL PARTICIPANTS ONTO ONE SITE**



**THANKS TO OUR SUPPORTERS, THE COUNTY OF GRANDE PRAIRIE, THE CITY OF GRANDE PRAIRIE, AND THE MD OF GREENVIEW, RISING ABOVE HAS 48% OF FUNDS RAISED FOR OUR NEW FACILITY!!**

*Help us get there!*

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# Welcome to Team RA!



**Manuel Ronquillo**  
Men's Case Manager

Manuel has encountered the consequences of addiction throughout his life and has also seen the other side of it. Manuel enjoys providing the resources and tools to allow people to learn and grow in various areas of their lives.

Sandra has worked in the field of mental health and addiction for over a decade working with various populations across Canada. She enjoys building trust with her clients and helping them succeed.



**Sandra Gonzalez**  
Women's Case Manager

**"RISING ABOVE STAFF ARE MORE THAN STAFF, THEY'RE OUR FRIENDS. THERE'S NO JUDGEMENT, JUST LOVE."**

**-CURRENT PARTICIPANT**

**"The people at Rising Above genuinely care. This is rare to find."**

**-current participant**

**WANT TO VOLUNTEER?  
CONNECT WITH BURDEEN AT RISING ABOVE!**

 **BURDEEN@RISINGABOVEGP.COM**