



S E R E N I T Y H O U S E O T T A W A



A N N U A L R E P O R T

2025 — 2026

Empowering Recovery · Building Community · Creating Possibility

April 1, 2025 — March 31, 2026



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Message from the Executive Director

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During the 2025–2026 fiscal year, Serenity House continued to invest in recovery-focused care, safe and welcoming spaces, and practical supports that help men move toward stability, health, and independence.

Across our treatment centre and transitional housing program, the year was marked by thoughtful program development, meaningful client engagement, facility improvements, and a continued commitment to meeting people where they are.

We expanded our wellness and recreation spaces, modernized core areas of the home, added staffing capacity, and extended Phase 2 of our treatment program from four to five weeks — giving clients more time to prepare for life after treatment. We grew our community gardens, launched a running club, deepened our partnership with FoodShare Ottawa, and welcomed students whose contributions made our programs stronger.

This report reflects the dedication of our staff, volunteers, students, community partners, and supporters, as well as the resilience and progress of the individuals we serve every day. Thank you for being part of this journey.



Sophie-Claire Valiquette-Tessier, PhD

Executive Director, Serenity House Ottawa



Message from the Board Chair

On behalf of the Board

Serenity House’s work is grounded in compassion, accountability, and community. As a charitable, non-profit organization serving Ottawa since 1969, Serenity House continues to play an essential role in supporting recovery through residential treatment and transitional housing.

The progress reflected in this report demonstrates not only the organization’s responsiveness to client needs, but also the strength of the staff team, leadership, volunteers, and partners who make this work possible. Investments in our facilities, programming, and people during 2025–2026 have positioned Serenity House to serve men in recovery with even greater impact in the years ahead.

“Compassion in action, anchored by 56 years of service to Ottawa.”

On behalf of the Board of Directors, thank you to everyone — clients, families, staff, volunteers, donors, and partners — who contributed to this important year. Your continued support helps make recovery possible.

Shawn Kelly, Board Chair

Serenity House Ottawa Board of Directors



At a Glance

Serenity House by the numbers

1969

Serving Ottawa since

24

Transitional housing beds across
3 homes

55

Clients served in transitional
housing this year

10

Weeks in the inpatient
treatment program

88%

Q4 overall occupancy across
program

23–24

Daily residents — near full
capacity since November

ORGANIZATION SNAPSHOT

Organization	Serenity House Ottawa
Founded	1969
Core services	Residential treatment & transitional housing for men in Ottawa
Treatment model	Client-centred, holistic recovery support
Treatment length	10-week inpatient program (Phase 1 + extended Phase 2)
Transitional housing	24 beds across three homes
Mission	Help people address harmful substance use so they can live fulfilled lives
Vision	Inspired People Creating Possibility in Recovery



Who We Are

Serenity House is a charitable, non-profit organization that has served Ottawa since 1969. Our work supports men with substance use disorders through a client-centred, holistic approach that promotes recovery, dignity, and reintegration into the community.

MISSION

To help people address harmful substance use so they can live fulfilled lives.

VISION

*Inspired People
Creating Possibility in
Recovery.*

VALUES

*Honesty · Ethics ·
Inclusion · Empathy ·
Presence · Respect*

WHAT WE OFFER

Serenity House offers a 10-week inpatient treatment program and a transitional housing program with 24 beds across three homes in Ottawa. Together, these services provide men with a structured, substance-free environment in which to stabilize, build life skills, strengthen recovery, and work toward longer-term housing and community reintegration.

“

Inspired People Creating Possibility in Recovery.

— Our vision, lived out every day across our treatment centre and transitional housing community.

Our Programs

01 Treatment Centre

10-week residential program for men



The Serenity House Treatment Centre delivers a structured inpatient program focused on addiction recovery. It combines education, counselling, relapse prevention, life skills, discharge planning, and individualized support within a quiet, recovery-oriented setting.

This year we added an additional week to Phase 2, bringing the total program length to 10 weeks. The extra time gives clients greater capacity to prepare for transitional housing, external supports, and post-treatment planning.

02 Transitional Housing

24 beds across three Ottawa homes

Our transitional housing program supports men as they move forward after treatment. Residents live in a drug- and alcohol-free environment, receive support with independent living, and work on goals related to housing stability, employment, wellness, and reintegration into community life.

The program emphasizes practical supports — budgeting, housing navigation, landlord engagement, family reintegration, employment readiness, and aftercare planning — alongside healthy routines, recreation, and shared responsibility.



2025–2026 Highlights: Treatment Centre

Over the year, we strengthened the day-to-day treatment environment through targeted facility enhancements, wellness supports, and program improvements designed to make care more therapeutic, more functional, and more responsive to clients in early recovery.

1

Extended Treatment

Added one week to Phase 2 — now a 10-week program — giving clients more time to prepare for transition.

2

Wellness Spaces

Upgraded basement gym, new games room, and a resident library used as a quiet retreat and meditation area.

3

Operational Upgrades

Modernized medication room, ergonomic office redesign, kitchen and bathroom renovations including a new gas stove.

4

Staffing & Safety

Restructured staff to reduce burnout and improve coverage.



Investments in spaces and supports that strengthen daily life in recovery — from wellness and recreation areas to core operational upgrades.

2025–2026 Highlights: Transitional Housing



55

Clients served

88%

Q4 occupancy

23–24

Daily residents

3

Homes

A safe, structured environment for translating treatment gains into everyday life

Across all three homes, we focused on helping residents strengthen recovery, build independence, and prepare for longer-term community living. Programming combined practical supports with shared responsibility, healthy routines, recreation, and community engagement.

Residents benefited from programming centred on life skills, self-sufficiency, emotional wellness, and connection. Supports included employment readiness, budgeting and debt management, housing navigation, landlord engagement, family reintegration, and aftercare planning.

High utilization throughout the year — with the 24-bed program often at full capacity since November — underscores the ongoing demand for stable, recovery-oriented housing for men in our community.

Of 55 clients served this year, 49 continued to engage successfully with the program’s supports.



Strengthening Spaces & Daily Life

Thoughtful improvements to safety, comfort, and quality of life across the treatment environment.



Basement gym upgrade



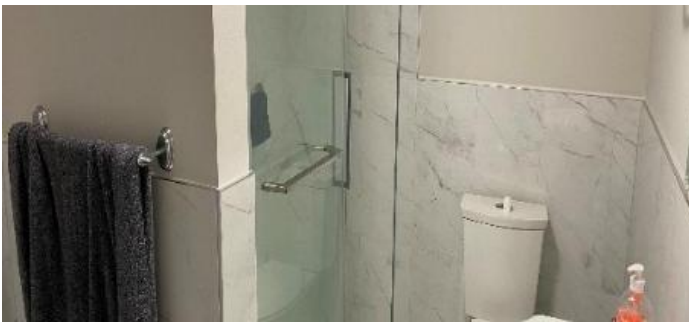
Games room with ping-pong



Resident library & quiet retreat



Modernized kitchen with gas stove



Renovated bathrooms



Nutritious daily meal program

A cooking program — created by a former client giving back to Serenity House — introduces residents to affordable, achievable meal preparation. The chef-designed menu offers three meals and two snacks daily, targeting 2,500 nutrient-rich calories to better support recovery and reduce unhealthy snacking.

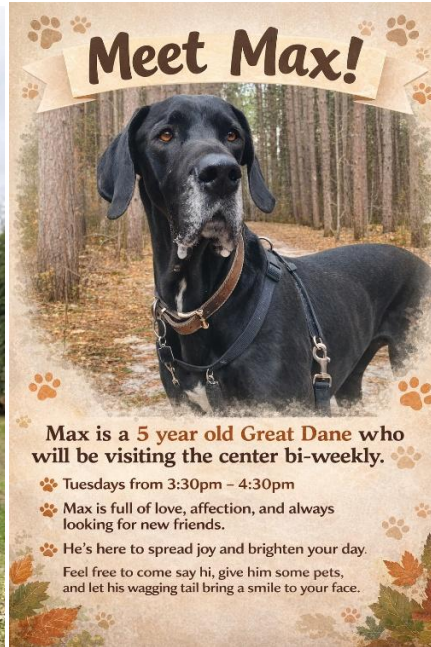
Strengthening Spaces & Daily Life

Following funding for our Transitional Houses, we completed major home renovations on all 3 properties.



Our homes underwent a full interior refresh that included several major upgrades designed to modernize the space and improve overall functionality. The work completed includes kitchen renovation, bathroom upgrades, new flooring, and full interior painting.

Community, Wellness & Recovery in Action



Community gardening across all three transitional housing residences — clients participated in planning, building beds, preparing soil, and planting fruits, vegetables, and herbs.

Gardening

Community gardens at all three homes plus an indoor seed start at the treatment centre — promoting nutrition, teamwork, and outdoor therapeutic activity.

Running Club

Twice-weekly morning runs at the treatment centre, growing to include former clients now in transitional housing.

Pickleball League

A client-led, bi-weekly league at Jack Purcell Community Centre — a structured sober activity that builds leadership and connection.

Zootherapy

Max, a five-year-old Great Dane, visits the treatment centre twice monthly — bringing joy, grounding, and emotional regulation.

Celebrations & Belonging

Recovery is strengthened by belonging

Shared meals and community events helped reduce isolation, build healthy routines, and create positive memories throughout the year.



● **Thanksgiving Dinners**

All three transitional residences hosted family-style holiday meals planned, prepared, and shared by clients together.

● **Family Day at Walkley**

Clients and staff from across the organization gathered for an afternoon of recreation, food, and fellowship — with several residents able to welcome family and children into the residence.

● **Christmas Tree Decorating**

Seasonal activities across the homes reinforced a sense of home, shared purpose, and inclusive community.



Quality, Accreditation, and Organizational Excellence

ORGANIZATIONAL PLANNING

One of the most significant accomplishments was the development of Serenity House's Strategic Plan and Operational Plan.

The Strategic Plan establishes a clear direction for the organization and identifies priorities that will guide decision-making and service delivery over the coming years.

The Operational Plan translates those priorities into measurable actions, timelines, responsibilities, and deliverables.

POLICY DEVELOPMENT

Significant progress has been made in strengthening Serenity House's policy framework.

Development and review activities have included organizational policies, finance policies, human resources policies, and privacy policies. Work has also commenced on governance policies to support Board accountability, stewardship, risk oversight, decision-making, and organizational leadership.

These activities are helping establish a stronger governance and compliance foundation aligned with leading practices and accreditation expectations.

Accreditation readiness

Foundational accreditation readiness activities have also commenced. This includes strengthening documentation practices, reviewing organizational systems against accreditation expectations, identifying future evidence requirements, and establishing the infrastructure necessary to support a formal accreditation process. The work completed to date has positioned Serenity House to continue advancing accreditation readiness in a structured and sustainable manner.

Privacy Program Development

Privacy has been a major area of focus throughout the year. Activities completed include the delivery of privacy education and awareness sessions, development and review of privacy policies and procedures, initiation of privacy audits, identification of privacy risks and opportunities for improvement, and establishment of foundational privacy governance practices. These initiatives are helping to build internal privacy capacity while strengthening staff understanding of confidentiality and information stewardship responsibilities.



Looking Ahead

As Serenity House looks ahead, we are well positioned to build on the progress of 2025–2026. Continued investment in facilities, practical life-skills programming, recovery-oriented housing, staff sustainability, and community partnerships will remain central. So too will the ability to tell our story clearly, demonstrate impact, and strengthen support from donors, volunteers, and the broader community.

Thank you!

To our clients, families, staff, students, volunteers, donors, and community partners — your commitment helps create the conditions for recovery, connection, and lasting change.

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Supporting recovery in Ottawa since 1969

serenityhouseottawa.com

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