

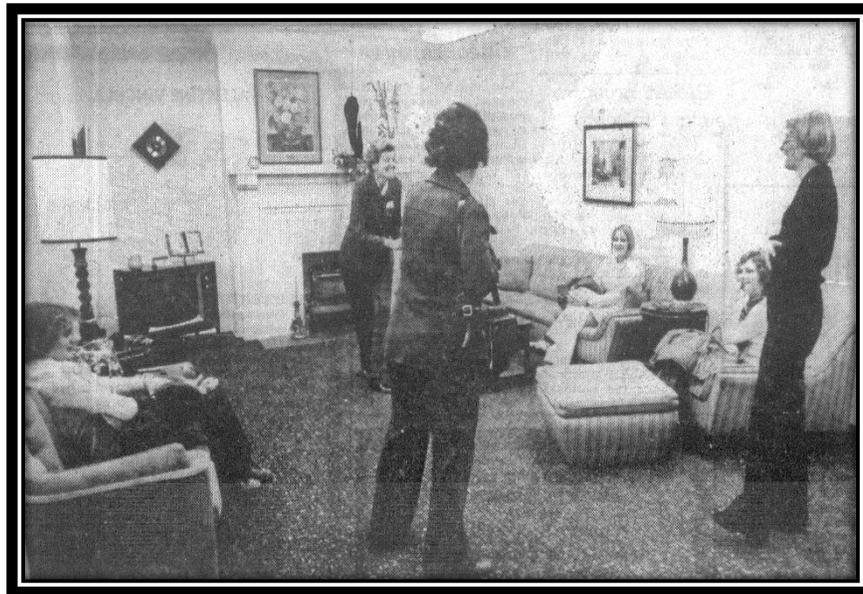
1976 - The Riverside Villa's 500th Client was admitted for treatment.

The program included an introduction to Alcoholics Anonymous (AA), individual and group therapy discussions, a keep-fit program conducted by U of C physical education students a local church gymnasium, a relaxation program, health and nutrition classes, study groups and spiritual help by ministers of various faiths. Women could choose to stay longer than a month if they needed to.

In 1976, The Villa saw an increase in occupancy of 20% as they became more known in the community; some Clients even arrived from other provinces. Clients ranged in age from 16 – 74, but the majority were aged 50 – 55. However, they were starting to see more and more young Clients. The Villa also saw an increase in the number of indigenous women, noting that they often reported having inadequate housing, social problems and lacked a sense of self-worth. Staff at The Villa watched these women blossom in a supportive environment like the Villa.

A Client at that time, Annabelle said *“At last I'd found something to give me hope for recovery. The people were nice and the atmosphere was warm and friendly. They told me I could get well and it was the first encouragement I've been given in two long years. I vowed to stay sober one day at a time. Some people have to cut this down to one hour at a time.”*

Six months after graduating from The Villa, Annabelle became a Villa consultant in order to give back and help other women like herself. *“Girls come in there scared of everything and everybody. When they hear I've been through it all, it gives them confidence.”*



The Villa held an open house each year to provide awareness to the community about the programs and services available to women (standing in front of the fireplace, Jean Mackie, Director)

“The schedule is rigorous, but not harsh, and the women are given a supportive, loving atmosphere in The Villa's comfortable southwest Calgary house.” said Ellen Todd, Board Chairs of The Riverside Villa Association Board.

