

L'ABRI D'ESPOIR

RESIDENT'S GUIDE

LONG TERM PROGRAM



The Staff wishes you a warm welcome to l'Abri d'Espoir. We hope that your stay with us will be enriching and that you will be able to find a solution to your present difficulties.

This guide has been created for your security and will help you to better understand how this house is run. We ask you to read it and sign it.

HOUSE CODE

- ❑ Respect for yourself and for the other residents, as well as for Staff members, is required at all times.
- ❑ No act or gesture of violence will be tolerated during your stay; this behavior will result in your dismissal.
- ❑ Smoking is prohibited in the building except for the smoking room.
- ❑ No consumption or possession of alcohol or drugs is permitted inside or outside of l'Abri. The possession of weapons (knives, etc.) is also forbidden. These could result in your dismissal.
- ❑ For security reasons we ask that at the admission you deposit all medication (prescribed or over the counter) with the counselors.
The medication will be given out as prescribed.
- ❑ All sexual contact is prohibited at l'Abri.
- ❑ It is strictly forbidden to borrow or loan money between residents.



MEALS – FOOD

- ❑ All meals provided by our kitchen are included in the cost of the board.
- ❑ These meals must be eaten in the dining room, during meal times. Meals from outside sources may be eaten in the common rooms of the third floor.
- ❑ A soft drink dispenser is available on the ground floor.
- ❑ The meal schedule is posted in the hallway. You must advise us if you are going to be late or if you need a lunch.
- ❑ A kitchenette is available for you. Please keep it clean.



CLEANLINESS – DRESS CODE

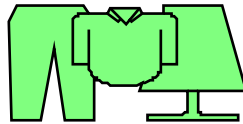
- ❑ You must shower upon arrival.
- ❑ Each resident is responsible to make her bed in the morning, to clean her room, and to wash her sheets once a week.
- ❑ There is a laundry room at your disposal. We ask for a \$5 deposit for the card, which will be given back to you when you leave.

- ❑ All residents must be dressed for all meals in the dining room. After supper, you can put on your nightclothes.
- ❑ Slippers or shoes must be worn at all times in the building.
- ❑ A washcloth, towel and sheets will be given to you, if you need them. Please return these items to us when you leave.



WAKE-UP -- CURFEW

- ❑ Wake-up is at 7:00 am Monday to Friday, and 10:30 am on weekends.
- ❑ There is no curfew in long-term program. It is at your discretion.
- ❑ Sleep-overs are a privilege that is to be earned.



PERSONAL EFFECTS

- ❑ The centre is not responsible for your personal effects during your stay. All personal effects left behind will only be kept for two days. After this time, we can dispose of them without notice. We are in no way responsible for items left at l'Abri.



OUTINGS – DEPARTURE -- VISITS

- ❑ You are free to come in and out of the centre; however you can only use the entrance door.
- ❑ Your stay here is on a voluntary basis. You are free to leave the center at any time.
- ❑ Visitors are permitted with the authorization of a counselor and may take place on the 3rd floor.



TELEPHONE

- ❑ A public phone is at your disposal, but it must be shared equally with the other residents.
- ❑ We do not accept collect calls, and long distance calls are not possible.

SECURITY

- ❑ Your bedroom door must remain closed at all times.
 - ❑ Make sure that you know all the exit doors in case of an emergency.
- Do not lend your elevator key to anyone. If you lose your key, you will be charged for a new one.



ACTIVITIES

- A chaplain is here twice a week. Please see the poster.
- The activities for the week will be posted on the bulletin board.
- The counselors have passes for the swimming pool: take advantage of them!
- The television is in the lounge.
- Knitting needles, puzzles, books, games, etc., are available.
Ask a counselor.

FACILITIES

- The living room, the smoking room and the dining room are common areas. They are for everyone to enjoy. Please respect these spaces.
- Access to other floors is prohibited, unless you are accompanied by a Staff member.
- Access to the offices is also prohibited unless, you are accompanied by a Staff person.

Commitment

I, _____ declare having read the resident's guide will respect the house rules of l'Abri d'espoir, and will participate in the program and the intervention plan developed with my consent. I understand that any grave nonobservance of these rules may result in my dismissal from l'Abri.

***If you need help or if you have questions that bother you, please speak to the counselors.
They are available 24 hours a day.***

Signature (mandatory): _____

Date: _____