

Recovery Without a Stable Home

A practical, dignity-centred guide for planning the next hours, keeping care connected, and finding support when housing is uncertain.

INSIDE

Seven learning chapters • realistic examples • printable planning sheets • conversation scripts • portable quick-reference cards • resource-finding guidance

PREMIUM WORKBOOK • CANADA-ORIENTED RESOURCE NAVIGATION

The exercises can support your own planning or a conversation with a trusted worker. They do not require you to have a phone, private room, money, transport, or a permanent address.

BEFORE YOU BEGIN

Start here: what this workbook can and cannot do

Housing insecurity is a practical barrier, not a personal failure. This book is designed to help you make the next useful decision when options may be limited. You may use one page, skip anything that does not fit, or ask someone to write with you.

CHOOSE ONE IMMEDIATE GOAL

Where can I be as safe as possible in the next six hours? What do I need before the next night? Who or what can help me check a real option?

This resource cannot arrange a bed, promise eligibility for services, assess withdrawal, or replace case management. Local availability, intake rules, funding, and opening hours change. Confirm details directly with the service.

If you are in immediate danger or someone is unresponsive or may be overdosing, call emergency services (911 in Canada). For urgent mental health or suicide crisis support in Canada, call or text 988. Where possible, ask a professional for medical advice about withdrawal or medication; some withdrawal states require urgent care.

A reader may choose abstinence, reduction, medication-based treatment, or another personally meaningful goal. The planning exercises do not require a declaration of abstinence.

USE THIS PAGE FIRST IF TODAY FEELS UNMANAGEABLE

Quick-start map: the next six hours

RIGHT NOW	Where am I? Am I safe enough to think for five minutes? Do I need emergency or medical help?
NEXT 2 HOURS	Where could I go for warmth, water, food, a washroom, or a safe place to sit? What is actually open?
BEFORE NIGHT	Which sleeping options will I confirm? What is my backup if the first place is full?
ONE CONTACT	Who can help check a bed, transportation, a medication pickup, or a next-day appointment?

If you have no working phone, a public library, clinic, shelter desk, service centre, or outreach worker may be able to help you contact a service. Availability varies. Do not enter a place that feels unsafe just to complete this plan.

My safest realistic place for the next two hours

The first option I will confirm for tonight

If that option is unavailable, my next action

LEARNING

Chapter 1 • Map real options, not ideal ones

“Find somewhere safe” can be too vague to act on. A useful plan names a specific service or place, confirms whether access is possible, and includes a backup. A place that was available yesterday might be full or closed today.

Consider three categories: immediate places that may meet a basic need, overnight options that require confirmation, and ongoing housing supports that take longer. They solve different problems; one does not replace the others.

Immediate	Public service location, drop-in, staffed facility, a known safe person; check hours and accessibility.
Overnight	Shelter, emergency accommodation, approved stay with a trusted person; ask about intake, accessibility, safety, and curfew.
Longer term	Housing access point, case manager, rent support, supportive or recovery housing as locally available; ask how referral or eligibility works.

WORKED EXAMPLE

Sam has no reliable phone and does not know whether a shelter has space. Rather than travelling across town without confirmation, Sam asks a drop-in worker to call intake, writes down the exact arrival instructions, and identifies a second option if the answer is no.

WORKSHEET

Chapter 1 • My real-options map

Place/service and address or landmark

How I can confirm it is open and available

What I need to bring or ask about

What I will do if it is full or closed

A PRACTICAL QUESTION TO ASK

“Is there space or an intake pathway tonight? What time should I arrive? Is there a cost, referral, ID requirement, curfew, or accessibility issue I should know about?”