



Bedroom



Kitchen



MAP

For further information  
contact a member of staff at:

**Renewal**

Shanakiel,  
Blarney Road,  
Cork.

Tel.: 021-300844

**Renewal**

Women's Residence

Shanakiel,  
Blarney Road,  
(Near Calvary)  
Cork.

Tel.: 021-300844



**Renewal** is situated on its own grounds overlooking Cork City on the Blarney Road. It was set up by Tabor Lodge in response to a need for a residential supportive environment for women who are in the early stages of recovery from addictions.

The Director of Renewal is *Sister Cait O'Leary*, a Good Shepherd Sister who trained as an addiction counsellor at Hazelden, Minnesota, USA. Other staff include part-time counselling, catering and night staff.

Renewal has accommodation for 10 women aged 18 years and over.

## PROGRAMME

The programme at Renewal emphasises **personal responsibility, peer support, participation in a Twelve Step Programme and life-style changes**, thus enabling the development of a contented healthy sobriety. Group sessions and one-to-one counselling are part of the daily schedule.

Each resident is carefully oriented to the programme on admission.

A complete assessment is done by the counsellor.

Then in consultation with the resident a Treatment Plan which meets the needs of the resident is formulated.

The length of stay is approximately **three months**.

## WORK

Residents are encouraged to find employment, part-time or voluntary.

## FAMILY

Family participation is welcomed and encouraged.

## AFTERCARE

Residents are expected to attend weekly aftercare meetings.

## MISSION STATEMENT

The primary mission of Renewal is to provide a residential supportive environment for addicted women in early recovery.

## Admission Criteria

- Diagnosis of addiction and have participated in a primary treatment programme.
- Age 18 years or older.
- Free of alcohol and drugs for 72 hours prior to admission.
- Willingness to obtain employment or voluntary work
- Willingness to participate in the programme of recovery.

## Fees

The programme at Renewal is dependent on Residents' contributions and these are arranged prior to admission.

## Other Services

- Parenting skills
- Development of sober support system
- Learning sober recreational skills
- Relapse prevention