

About

A Bridge to Connection

A Bridge to Connection was created to help society's most vulnerable people in Vancouver, British Columbia who live with co-occurring disorder. (Mental health + addiction) We don't just offer therapy, we offer resilience by integrating addiction counseling with animal-assisted wellness (AAW). This recovery program introduces a four-legged friend during a one-on-one session with an experienced addiction counselor, as well as daily programs to help with some of the struggles that accompanies the addiction recovery process, including withdrawal management, developing daily routine, and getting rid of the mind games that sometimes get in the way of our own recovery. Isolation is the silent killer for most addicts and the path towards recovery may feel like road block after road block due to the lack of support or maybe the walls are falling apart with the shame, guilt, or maybe remorse. By introducing animal-assisted wellness to recovery gives the opportunity to feel supported, and the sense of unconditional love they bring to the relationship.

The founder of this program is an addict himself, and saw benefits that animals brought him in his own recovery and wants to share the love had found with everyone who wants to take that leap into recovery. In his own experience, he found traditional therapy can be intimidating, however, the presence of a support animal is the game changer. The benefits of introducing an animal to the counselling sessions allows people to open up a little more, especially people who struggle with typical conversation and group settings.

About A Bridge to Connection

Our Vision: Healing Through Integration

At A Bridge to Connection, we believe that addiction is an "isolated killer." For many, the path to recovery feels blocked by walls of loneliness, shame, lack of support, or just has trouble accessing addiction recovery. Our mission is to dismantle those walls by bridging the gap between professional clinical expertise and the transformative power of the human-animal bond.

We don't just offer therapy; we offer a partnership in resilience. By integrating Professional Addiction Counseling with Animal-Assisted Wellness (AAW), we provide a holistic environment where healing isn't just a goal—it's a shared experience.

The Power of the Bond

Traditional counseling can feel intimidating. For society's most vulnerable—those who have faced trauma, chronic relapse, or deep social isolation—the presence of a certified therapy animal changes the dynamic.

Unconditional Presence: Animals offer a non-judgmental space that allows clients to lower their guard and engage more deeply in the clinical process.

Emotional Regulation: Interacting with a therapy animal has been shown to lower cortisol levels and reduce the anxiety often associated with early recovery.

Building Responsibility: Caring for and connecting with an animal fosters a sense of purpose and routine, which are essential building points for a healthier lifestyle.

Our Approach: One-on-One Connection

Every journey is unique. We start at the foundation: One-on-One Clinical Counseling. This personalized focus ensures that:

Safety First: We create a secure, confidential environment tailored to individual needs.

Integrated Care: We combine evidence-based practices (like Motivational Interviewing, DBT/CBT, SMART Recovery, Trauma Informed practices, cultural based practices, etc.) with the intuitive support of our therapy animals.

Measurable Progress: We work with you to develop a treatment plan that addresses the 12 Core Functions of recovery, moving from screening to assessment to long-term recovery stability.

Our Commitment to Resilience

“A Bridge to Connection” was founded on the philosophy that connection is the opposite of addiction. Whether you are taking your first step toward recovery or seeking a new way to maintain your wellness, we are here to walk with you over that isolated bridge to a thriving recovery community.

Fostering healing. Developing resilience. Transforming lives through connection.