

# ABOUT TERMINATOR

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Terminator's inception is rooted in understanding the profound challenges individuals face with mental health, and addiction. Terminator set forth to create a revolutionary approach, to champion individuals battling addiction and mental health issues using our ABRT (Activity-based Recovery Therapy) program!

We believe YOU ARE CAPABLE, even when you don't believe yourself. We believe engaging your body, challenging your physical strength and endurance, ignites your brain to achieve what was once thought impossible. We believe you can recover no matter your situation.

## Why Terminator?

Because your life is WORTH IT.  
The truth is you can recover.

**WE NEVER  
GIVE UP**

**WE NEVER  
QUIT**

**WE NEVER  
STOP BELIEVING**

# TERMINATOR FOUNDATION

## REACH OUT

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(587) 892-4888



[info@terminatorfoundation.com](mailto:info@terminatorfoundation.com)



[www.terminatorfoundation.com](http://www.terminatorfoundation.com)

## FOLLOW US

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## PARTNER WITH US

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Interested in sponsoring, donating or partnering with the Terminator Foundation?

We'd love to hear from you!

Charitable registration Number:  
751891730RR0001

ACTIVITY-BASED  
RECOVERY THERAPY



## OUR ABRT PROGRAM

This intensive 12 week program is a commitment to yourself and your own wellbeing and will require dedication and full effort. As your journey progresses, you'll realize just how unstoppable you are on the road to recovery.

We encourage people who are at risk for addiction or who are currently struggling with substance use as well as those in recovery to apply. You don't need to be an athlete, or have any prior athletic experience. Beginners are welcome.

Training For All Levels

Professional Trainers

Recovery Check ins

Recovery Coaches & Counsellors

Support Group Meetings

One on One Connections

Peer Support

Hybrid Sessions

### Eligibility:

- Anyone seeking a substance-free life
- Those who are at risk for addiction
- Those currently in recovery
- Those struggling with a substance use disorder
- Individuals 16 years of age and older

Program Inquiries: [program@terminatorfoundation.com](mailto:program@terminatorfoundation.com)

## INNOVATION IN RECOVERY

Traditional approaches to recovery therapy are evolving, and Activity-Based Recovery Therapy (ABRT) is at the forefront of this transformation. ABRT isn't just a program; it's a revolution in recovery.

**Holistic:** Through rigorous physical activity, athletes amplify, not only their physical strength but also their mental & emotional resilience, building healthy habits for sustainable recovery.

**Enduring Strength:** ABRT is not just a temporary solution, it provides our athletes with the tools for sustained change and lasting recovery.

**Community Building:** Through ABRT we cultivate community and connection. Our athletes train, heal, and uplift each other.

## WHY EXERCISE IS IMPORTANT FOR RECOVERY

- **Combats Hopelessness:** Exercise renews a sense of purpose.
- **Reduces Withdrawal & Relapse:** Alleviates early recovery symptoms and lowers the risk of relapse.
- **Curbs Cravings:** Helps fight the urge to use alcohol/drugs, boosts dopamine, and reduces anxiety.
- **Strengthens the Brain:** Modifies neural pathways affecting mood, aggression, and attention.
- **Boosts Mental Health:** Counteracts anxiety/depression, and improves overall outlook.
- **Teaches Self-Regulation:** Provides structure that requires self-control, focus and discipline.

## OUR ATHLETES

*"Terminator reunited me with the motivation, passion, determination, and drive I had lost, that I needed to become the man I wanted to be"*

- Micheal

*"During my addiction, I was an isolated shell of myself. Terminator gave me a sense of community and aided in showing me that I can do anything I put my mind to!"*

- Kayla

*"Terminator gifted me the freedom of addiction into a life of teamwork, encouragement and inspiration. They opened the door and I walked with them. Never above you, never below you, always beside you."*

- Jeremy

**THE TRUTH IS YOU CAN RECOVER.**