

Welcome to Addiction Rehab Toronto!

Thank You for your interest in Addiction Rehab Toronto. We are an exclusive private accredited residential treatment facility for individuals who want to recover from alcohol and drug addiction.

Addiction Rehab Toronto's mission is to help individuals to understand, recognize and recover from the effects of addiction and to ultimately live fulfilling and rewarding lives. The opportunity to reunite such persons with their families is nothing short of a miracle.

We provide a comfortable, secluded and serene environment where our clients are able to find the personalized and cohesive care required to build the foundation for their recovery.

Addiction Rehab Toronto has been very selective in choosing the right professionals in working with our clients, which can include; Psychotherapists, Addiction Counsellors, Social Workers, Life Skill Coaches, Therapists and Doctors all working together in developing the best-individualized treatment plan.

At Addiction Rehab Toronto, we recognize that substance abuse is a systemic problem resulting from a consortium of problems. Paying attention to the biological, psychological, social, spiritual, and cultural parts of a person is critical. In addition, their intersecting dimensions of diversity and their family context need to be taken into account.

Addiction Rehab Toronto is dedicated to finding the right addiction treatment solution to suit both the individual and their families. This is done with a thorough assessment of the family and the individual upon entering an inpatient program. Our facility offers 30, 45, 60 and 90-day program to nurture the mind, body and spirit of our clients.

Addiction Rehab Toronto provides the highest level of care in addiction treatment. We only use methods that will foster our client's determination for a transformation to a better life, and an end to self-destructive behaviours. We also work with our clients in a non-shaming and non-blaming way. Our graduates will have the proper tools to experiment with new life choices in a healthy environment that encourages voice, responsibility, accountability and interconnectedness.

Our Commitment to our clients does not stop once they graduate. Addiction Rehab Toronto recognizes that recovery extends beyond inpatient care and, therefore, offers an extended Lifetime aftercare program as part of their treatment plan. During this stage, we are confident that our clients no longer require the level of service provided during inpatient treatment, but still might need ongoing support to prevent relapse. In addition, we also want to ensure that our graduates and their families are managing the newfound life of sobriety. We believe through a dedicated partnership with our graduates and their families, combined with our ongoing support, life-long recovery will be achieved. Our inpatient treatment program consists of complete abstinence from all mind-altering substances. Our program focuses on the following:

- Family Focused Recovery
- Yoga & Meditation
- Pilates
- Health & Fitness
- Art Therapy
- Music Therapy
- Intro to 12 steps
- Intro to Mutual Help Groups (e.g. SMART Recovery)
- One-on-One Counselling
- Group Therapy
- MBSR (Mindfulness Based Stress Reduction)
- CBT (Cognitive Behaviour Therapy)
- DBT (Dialectical Behaviour Therapy)
- Relapse Prevention
- Coping Skills
- Life Skills
- Anger Management
- Health and Wellness Education (Including Nutritional Counselling)

Please contact us at 1.855.787.2424 if you have any further questions regarding our treatment program or payment plans.