

“Saving Lives...  
Reuniting Families”



**Addiction**  
Rehab Toronto



Private Accredited Treatment Centre

Addiction Rehab Toronto is an accredited, private abstinence-based residential treatment centre located in a discreet neighbourhood in Toronto. We offer programs of 30, 45, 60, and 90 days for those who are struggling from drug addiction and alcoholism. We also offer a two-week withdrawal management program in effort to keep individuals safe while they take the first steps in their recovery. We pride ourselves on our individualized treatment plans that are designed to promote and facilitate long-term sobriety.

Addiction Rehab Toronto has been issued an Accreditation Primer Award from Accreditation Canada. This award is given only to those organizations that have demonstrated a high level of excellence in their services, quality control, innovation, ethical decision-making processes, commitment to client safety, care and treatment. We at Addiction Rehab Toronto are proud to announce that we are an elite organization and provide an excellent level of care and support that our clients deserve.

At Addiction Rehab Toronto, we carefully select the right therapist in assisting and working with our clients. Our therapists are compassionate and well experienced professionals in the field of addiction and mental health. Our clinical team are true pioneers and leaders who use creativity and client centered care in their approach working with our clients.

We strongly believe that every person has the capacity to overcome addiction and can do so by learning to cope with struggles they may face. Within our program, we prioritize self-recognition to help our clients believe their addiction should not and does not have to define who they are. Our goal is for each client to develop tools to lead a productive and positive life, free from the restraints of addiction. We support our clients in expanding their self-awareness, realize their full potential, reunite with their family and acquire a sense of self worth in effort to maintain long-term sobriety.

#### MISSION

Our MISSION is to facilitate the rehabilitation of individuals struggling with behavioral issues and substance dependency, using holistic and therapeutic strategies such as Cognitive Behavioural Therapy. We are committed to instilling life skills and core values - required to safely support our clients in restoring health and happiness across all areas of life such as family, employment, relationships and/or school.

#### VISION

Our VISION is to set a new innovative standard of treatment by creating a community around the client through professional support, continued aftercare programs, fellowship and promoting wellness through a biological, social, spiritual, client centered, and holistic approach.

#### VALUES

Our VALUES are centred on love and forgiveness. At ART, we also require honesty, respect and trust from our clients to maintain a safe and effective community within the centre. Our programs are designed to promote teamwork, citizenship and achievement.

## Our Program

### Detox

Our Withdrawal Management program was created to ensure individuals can safely take the first step towards recovery. Upon arrival, clients are assessed by our physician and nursing team to address any immediate medical concerns. The goal is to then keep the client as comfortable as possible for the first 24-72 hours through hourly assessments and monitoring, mental health check-ins and ensuring their needs are met.

### Treatment Process

Once the client has stabilized through detox, the next phase is to assess the extent of the client's addiction and related issues. Our in-patient treatment program involves 30, 45, 60 and 90 day options for clients - the length of treatment is based on the needs of the individual. Treatment consists of daily group counselling, individual counselling, psycho-educational groups and family sessions, all of which focus on the underlying components and factors to substance use. In addition, the psycho-educational groups and individual sessions aim to build knowledge and skills to help the client develop coping strategies through relapse prevention.



## Aftercare & Alumni

At Addiction Rehab Toronto we promote recovery as being a life long journey, therefore, we offer several posttreatment opportunities to our clients who complete their program. These programs consist of:

- Individual outpatient sessions - a continuation with their counsellor during treatment
- Aftercare - a weekly process group facilitated by a counsellor
- Weekly fellowship meetings
- Monthly alumni gatherings in celebration of recovery

We also offer a Family Program to help deal with the broader impact of addiction by supporting the restoration of healthy family functioning.

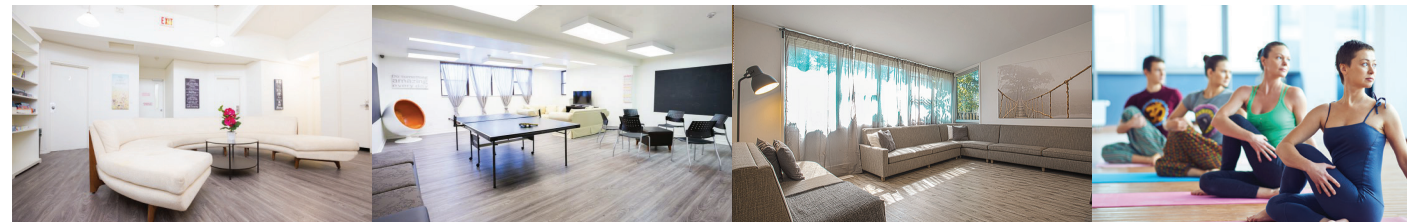
## Sober Living

Independent living early on in recovery can be overwhelming for clients. In effort to help with this transitional step, we offer a sober living component to our treatment program. This post-care option is a continuation of the skills learned in treatment and allows the client to implement accountability into their recovery. We offer weekly individual sessions, group therapy, and life skills.

Sober Living's mission is to transition our clients back into their everyday life, recognize and recover from the effects of addiction and to ultimately live fulfilling and rewarding lives. The opportunity to reunite our clients back into school, work, family and society is nothing short of a miracle. We provide an environment that's comfortable, secluded, serene and private where our clients are able to find the personalized and cohesive care required in building the foundation for long term success.

## Treatment Program

- One on One Counselling
- Anger Management
- Stress Management
- Discharge Planning
- Psychotherapy
- Orientation
- Stabilization
- Detox
- Nutritional Education
- Lifetime Aftercare
- Leisure Planning
- Alumni Program
- Nature Hikes
- Meditation
- Sober Living
- Pilates
- DBT (Dialectical Behavioural Therapy)
- CBT (Cognitive Behaviour Therapy)
- Relapse Prevention
- Family Program
- Group Therapy
- Assessment
- Life Skills
- Intro to Smart Recovery
- Community Outings
- Culinary Therapy
- Intro to 12 Steps
- Music Therapy
- Reiki Healing
- Art Therapy
- Muay Tai
- Fitness



## Our Facility

Addiction Rehab Toronto is located in a quiet and peaceful residential neighbourhood in north Toronto. Our modern facility is welcoming, relaxing and is a safe space for our clients to receive the treatment they need for their drug abuse, alcohol addiction and associated behavioural issues. This safe, private and discreet setting facilitates an experience that is not available anywhere else.

Our facility features beautiful grounds surrounded by nature, perfect for relaxing or participating in outdoor activities, all year around. Inside Addiction Rehab Toronto, you will find comfortable common lounge areas, fitness and work out areas, and inviting living accommodations for each resident. Addiction Rehab Toronto is also proud to serve delicious, healthy, gourmet meals three times per day, all prepared by our on-site chef.

## Amenities

- 15,000sq ft. of very modern living accommodations
- Completely private, safe and secure, gated community
- 3 completely separate residences for men and women
- Multiple lounge areas and entertainment areas
- Gourmet meals prepared by our onsite Chefs
- 1.5 Acres of Courtyard & Nature
- Private & Semi Private suites
- Basketball / Hockey Court
- Yoga & Pilates Studio
- Outdoor Bonfire Pit
- Meditation Area
- Foosball Table
- Fitness Room
- Pool Table
- Library

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