



LDR HOLISTIC

ADDICTION WELLNESS CENTRE



Addicted, Burnt Out, Or In Crisis?

We Can Help!

Our Solutions

- Professional Counselling & Assessments
- Intervention Services
- Detox Solutions
- Private Drug & Alcohol Treatment Programs
- Addiction Workshops
- Sober Coaching & Mentor Services

*For program & service information
Please call our helpline*

1-877-529-3293

AT LAST, ADDICTION SERVICES EVERYONE CAN RELATE TO

Family's in Crisis • At Risk Staff • Burnt Out Executives
Suffering Students • Tradesmen



At LDR Addiction Wellness Centre our clients all have something in common. They are human, they are sick, and they need help. This is the common bond that unites our clients.

We do however understand how important relating to one another is, in the recovery process.

The key ingredient that sets our clients apart is found within our selection process.

That ingredient is; **Willingness!**

They say you are only as good as the people you surround yourself with, and this goes for addiction recovery as well. Surrounding yourself with like minded people who want to get better, as opposed to being forced to get better, nurtures a healthy, healing environment.

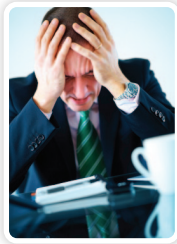
Through our proprietary interviewing, assessment, and intervention process we are trained to bolster willingness before our clients arrive. Our clients want to be here, which makes it safe for everyone to relate.

WE HAVE A SOLUTION!

Abstinence Based Programs That Fit

Does this sound like you?....

- Can't seem to shake an addiction or find a solution that fits you.
- Can't explain your conduct, burnout, or other impulsive behaviours.
- You are unsure if you have an addiction, but something is not quite right.
- Your work or life choices are becoming a burden.
- You have been in treatment before and are still relapsing.
- Someone is telling you that you might have an addiction and you need proof that it is true.



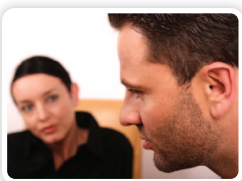
LDR Addiction Wellness Centre provides profound insight into these behaviour patterns and offers healing based solutions from addiction.

Our programs are designed around the individual. We embrace a proprietary Bio-Psycho-Social model of recovery, accompanied with various modalities of care including comprehensive 12 step principles, relapse prevention, cognitive behavioural therapy, life skills training, nutrition, and other holistic methods.

We believe that abstinence from drugs and alcohol is but a beginning in the process of recovery, and that intense healing occurs with a shift in awareness and a total lifestyle change.

PROFESSIONAL COUNSELLING & ASSESSMENTS

Build Awareness, Self Esteem, & Understanding



We have a large spectrum of trained counsellors specializing in: Addictions, Grief & Loss, Trauma, Gambling, Pre-Post Treatment, Sexual Abuse, Stress, and Post Traumatic Stress. We have counsellors that are internationally certified and can perform assessments for employers or legal requirements.

'I didn't think I had a problem until I met with John. He helped me see the depths of my denial and now my life is flourishing in many ways.' Tom S.

INTERVENTION SERVICES

Addiction Is A Family Disease!

Many people see the show on A&E and expect an intervention to be just what they see on T.V. What you don't see is the preparation and family work that is done behind the scenes.

All of us hope our loved one will wake up one morning, hit rock bottom, and beg for help, but in reality this rarely happens. Our professional interventionist team is waiting to be called into service anywhere in Canada or the USA. Once our team is called into action, we make all of the arrangements including family education, flights, detox, treatment services, pre-intervention and much more including transitional supports for all involved.



'I never saw it coming but Jason was amazing and I'm so grateful he got me into treatment' Andrew R.

DETOX SERVICES

Stabilization & Repair



We have a number of flexible solutions to accommodate you. We work with a number of private providers offering inpatient medical detox services for clients requiring stabilization from alcohol, opiate, and benzodiazepine withdrawals.

Also, if you are seeking detox solutions for Methadone or Anti-Depressants, we work with private providers who can facilitate these needs.

Once the client is stabilized, we can provide in-house bio-repair solutions to heal the damages that these drugs have caused including services such as sauna detoxification and acupuncture offered by a registered acupuncturist with the National Acupuncture Detoxification Association.

'I was scared to death of detox, but the nurses got me through it, and I am grateful and sober today!' Bill M.

THE CONROY TREATMENT PROGRAM

A transformative experience of humility, courage, and recovery.

Our clients choose to be here! LDR Holistic Addiction Wellness Centre offers residential inpatient rehab programs in 30, 60, and 90 day formats.

Our program identifies that drugs and alcohol are not the problem but rather a symptom of a much greater problem, what we call; the originating wounds.

Our clinicians are trained to ignite and transform limiting beliefs into new life skills, wasted potential into empowerment and trauma into enlightenment.

We shine a spotlight on the root causes of addiction, determine what has incited the aberrated behaviour and finally provide a safe environment to allow profound healing to begin.



'I have my family, my home, and my job back. It was the most significant and rewarding experience of my life.' Keith B.

To Understand More Call Our Helpline

1-877-529-3293



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Toll-Free: 1-877-529-3293

www.holisticdrugrehab.org

Follow us on



ADDICTION WORKSHOPS 101

For Family & Employers



We have designed workshops to help families and employers better understand addiction, learn how to identify it, and know what to do about it.

- a. Family Education
- b. Anger Management
- c. Relapse Prevention
- d. Coping Strategies
- e. Addiction In The Workplace

'I thought addiction was a stain on society. I had no idea that a colleague of mine and my brother were addicts until I took the workshop at LDR. They helped me understand addiction and taught me how to deal with it.' Jim R.

SOBER COACHING & MENTOR SERVICES

You are only as good as the people you surround yourself with.

Need that extra support once you leave treatment? (Any treatment centre)

We are introducing a completely new service, which was developed to help you access community supports, learn new coping strategies, practice your new tools, and most importantly help you to stay clean and sober. Our Sober Coaches & Mentors allow you to shadow their every move. Learn how they do it first hand and soon it will become natural for you too.



'Sober Coaching really helped me bridge the gap from treatment to recovery.' Allan B.

Live & Thrive Or Just Survive

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