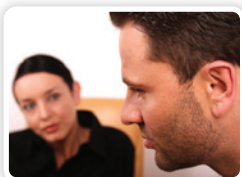


## PROFESSIONAL COUNSELLING & ASSESSMENTS

**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 provide assessments for employers or legal requirements.

## 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.



## 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

# Live & Thrive Or Just Survive

To Understand More Call Our Helpline

**1-877-529-3293**



**LDR HOLISTIC**  
ADDICTION WELLNESS CENTRE

**LDR Addiction Wellness Centre**

**Home Office:** 1-604-530-9508

**Toll-Free:** 1-877-529-3293

[www.holisticdrugrehab.org](http://www.holisticdrugrehab.org)

**Follow us on**



**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.

At LDR we understand how important relating to one another is, in the recovery process.

## 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 facilitates insight into these behaviour patterns and offers healing-based solutions from addiction.

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

We honour respect and dignity. 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.

"When you change  
the way you see things  
you see change"

## DETOX SERVICES

### Stabilization & Repair



We seek solutions for unique circumstances. 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.

## INTERVENTION SERVICES

### Addiction Is A Family Disease!



All of us hope our loved one will wake up one morning 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. We are here to help you help yourselves.

## THE CONROY TREATMENT FACILITY - MEN ONLY

### A transformative experience of health, courage, & recovery.

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

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.



## H.E.R. ADDICTION TREATMENT FACILITY - WOMEN ONLY

### Health, empowerment, & recovery. (A holistic approach to your needs)



H.E.R. Women's Treatment Centre is a 10-bed purpose-built facility located in secluded Crescent Beach, British Columbia. The program uses an abstinence based 12-step **Bio-Psycho-Social** approach designed to support women overcome their addiction.

The facility offers a safe and nurturing environment for women as they begin their journey to recovery.

### H.E.R Addiction Treatment Facility offers:

- Individualized treatment plans specific to the client's needs.
- High staff to client ratio, which delivers up to five times the national average of one on one counselling when compared to other private facilities.
- Daily group therapy with experienced professional facilitators.
- An encompassing 12-step, abstinence based treatment program that incorporates exercise and nutrition as part of a complete wellness strategy.
- Private medical detoxification available to clients if needed.
- Workshops and seminars created to educate family members about addiction.
- In-depth aftercare plan to help clients reintegrate into their respective communities.

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