

GARDEN ROUTE - PLETTENBERG BAY



Bethesda

ADDICTIONS TREATMENT CENTRE

Est. 2005



Registered and Internationally Recognised
Addictions Treatment Centre

Holistic Treatment based on
12 Step Recovery Programme

Extended Care and Aftercare Programmes

Family Support





- **Multi-disciplinary team** of medical, clinical, psychotherapeutic and certified addiction specialists with over 60 years of addiction and family therapy experience.
- **Individualised** treatment programmes.
- **Safe and nurturing environment** offering a firm clinical approach, with a gentle deconstruction of the addictive patterns of thought and behaviour.
- **Empowering clients towards a chemical-free lifestyle** by exploring the destructive root system of addiction.
- **Religious freedom and respect.**
- **Group therapy and lectures**, individual counselling and step work, full board and accommodation.
- **12 months free Out-Patient Aftercare** (conditions apply).
- **1 week Emergency Relapse-Rescue** (conditions apply).
- **Family Support:** Family education days, amends programme, marriage counselling, post-traumatic stress counselling, post-therapy conflict awareness.
- **Therapeutic and recreational outings**, including ocean adventures, outdoor team building, horse safaris.
- **Airport meet and escort service** from OR Tambo Airport (Johannesburg) to Plettenberg Bay for international clients.

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