

OUR SERVICES



Open

365 days

In the last 10 years we have treated
1,807 clients
in our residential program

**701 women
& 1,106 men**

"The Rutland Centre is a safe, caring environment. For the first time in my life I felt able to open up and be honest. The centre is supportive in every possible way and all of the staff here are wonderful and their continuing care is invaluable."

"Counselling was brilliant, as were all the staff. I fell in love with mindfulness, yoga, stress management. My two counsellors – I owe them my life, cannot speak highly enough of them."

- 6 Clinical Disciplines – making sure each client's individual needs are met**
- Clinical Psychology
 - Counselling Psychology
 - Psychotherapy
 - Addiction Counsellors
 - Art Therapy Specialists
 - Nursing care

365
the number of days in abstinence a client must be to receive their Medallion medal

In the last year our clients attended **1,233** continuing care meetings

67.5 the number of hours of group therapy in every 5 week treatment program

21 the number of hours of psycho-education in every 5 week treatment program

Phones Answered
24/7

35
the number of hours of alternative therapy activities in every 5 week treatment program

- Art
- Yoga
- Mindfulness
- Dance
- Meditation
- Stress Management
- Acupuncture