



Portage is a non-profit organisation offering comprehensive treatment to substance-dependent people in Atlantic Canada, Québec and Ontario. A vital and progressive force in the drug addiction treatment field in North America, Portage is internationally recognised for the quality of its services.

Since it was established in 1970, Portage has helped tens of thousands of people to overcome their substance abuse issues, with specialised programs for adolescents, adults, pregnant women and mothers with young children, adults with mental illness, aboriginal communities, and individuals referred by the justice system.

Admission



Admission is voluntary. The mother may contact the centre (514-935-3152 or info_me@portage.ca) to schedule an appointment, during which the Admission Officer will assess her eligibility and help her establish a plan to prepare herself and organise important details before starting her treatment at the Mother and Child centre.

The centre has the capacity for 25 women and their children, aged between 0 and 6 years.

IF YOU OR SOMEONE YOU KNOW
WOULD LIKE TO PARTICIPATE IN THE
PORTAGE MOTHER AND CHILD PROGRAM,
PLEASE CALL US OR VISIT OUR WEBSITE



514.935.3152
info_me@portage.ca
www.portage.ca

PORTAGE TREATMENT CENTRES



Cassidy Lake, NB • Saint-Malachie, QC
Québec, QC • Montréal, QC
Prévost, QC • Elora, ON

Portage's Mother and Child Program has been made possible through the collaboration and the contributions of the *Fondation Lucie et André Chagnon* and the *Ministère de la Santé et des Services sociaux du Québec*.

Portage is registered with Accreditation Canada and is dedicated to continually improving the quality of its services.



FREEDOM FROM ADDICTION

MOTHER AND CHILD PROGRAM



Last updated June 2015

www.portage.ca



**A PROGRAM FOR MOTHERS
WITH CHILDREN AT HEART**

In addition to their substance abuse issues, residents at the Mother and Child centre also work on their parenting skills, which help them with the transition back into society, once the residential phase of their therapy is completed.

Except for when they are at the on-site day care centre, *La Ribambelle*, children remain in their mother's care at all times at the Mother and Child centre. At *La Ribambelle*, specialised child care workers create personalised intervention plans for each child and work with the mothers to achieve the objectives stated in these plans.

Portage understands how important it is for the children to maintain relationships with the other significant people in their lives (father, brothers, sisters, grandparents, social worker, etc.). Weekend activities, planned outings, and special events in which these people can participate with the children, are part of the programming at the centre.

**Going into therapy:
a gift that
keeps on giving**

There will be difficult moments during your stay at Portage, but you will be proud to have persevered. Nobody expects you to be perfect; you will not be judged or stigmatised. At Portage, you will find a warm and loving environment, where you will make lifelong friends and learn how to make positive choices for yourself, for your loved ones, and for your future.

The idea of residential treatment may seem like an eternity, but it pales in comparison to the rest of your life and that of your child. Going into therapy is a gift that you can give to yourself, as well as an investment in your family's future.

**Mother and Child
Program**

Many substance-dependent mothers are hesitant to seek drug addiction treatment for fear that they will lose legal custody of their children. They often feel judged as mothers and prejudiced against when priority is given to the protection of the child over their own need for treatment. In recognition of these concerns, Portage provides a unique and innovative residential program to allow mothers with young children and pregnant women suffering from drug addiction to maintain custody of their children while undergoing rehabilitation treatment.

The Mother and Child Program allows for the family unit to stay together during this important learning and growing period. The mothers work on strengthening their bonds with their children, while they address their drug addiction issues, their role as a parent, isolation issues, health care responsibilities, and family and interpersonal relationships.

THE PORTAGE PROGRAM:

- ▶ Voluntary admission
- ▶ Program length from 6 to 8 months, based on individual need
- ▶ One year follow-up at the *Habitations Communautaires Portage* is available
- ▶ Specialised and unique therapeutic community adapted to the needs of mothers and their children
- ▶ Psychological and physical security

**A typical day at the
Mother and Child centre**

- ▶ Daily therapy groups on substance abuse and parenting
- ▶ Sociocultural and recreational activities for both mothers and children
- ▶ Individual case management
- ▶ Family support
- ▶ Day care services adapted to the needs of the children
- ▶ Additional specialised services are available, where necessary



**Why come to the
Mother and Child centre?**

- ▶ You can keep your family together while seeking drug addiction treatment
- ▶ Treatment is conducted in a warm and caring environment
- ▶ A highly qualified and multidisciplinary team will take care of you and your child throughout your treatment

VISIT US ON
@PortageCanada  

I have the right to be happy and to be treated with care and understanding • I have a right to be safe • I have a right to say what I feel • I have a right to learn