



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

Since its first centre was opened in 1973, 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, aboriginal communities, adults with mental health issues, and individuals referred by the justice system.

Admissions

Admission to the program is voluntary and candidates must express a desire to address their substance abuse issues, along with the other challenges in their lives. An interview is conducted prior to admission, during which the client's needs and readiness are evaluated.

For admission to Portage's anglophone program for adolescents, Montréal residents should contact the "Anglophone Youth Access Mechanism" through Pavillon Foster, or contact Portage Beaconsfield directly (see over for contact information).

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FOR FURTHER INFORMATION OR ADMISSIONS:

Montréal area:

Prévost (French Program)
1790 chemin du lac Écho, Prévost, QC J0R 1T0
450 224-2944 • info_adomtl@portage.ca

Beaconsfield (English Program)
141 avenue Elm, Beaconsfield, QC H9W 2E1
514 694-9894 • info_adowi@portage.ca

Québec City area:

Saint-Malachie (French Program)
244 chemin de la Station-Touristique,
Saint-Malachie, QC G0R 3N0
418 642-2472 • info_adoqc@portage.ca

PORTAGE TREATMENT CENTRES

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

Funding for Portage centres in Québec is provided by the *Ministère de la Santé et des Services sociaux du Québec* and by the Portage Foundation, with the support of private donors. Over the years, the *Fondation Marcelle et Jean Coutu* has contributed a significant portion of the funding for Portage's adolescent programs in Québec.



FREEDOM FROM ADDICTION

ADOLESCENT PROGRAM



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www.portage.ca



Portage Québec

Portage operates three drug rehabilitation centres for youth (14 to 18 years of age) in Québec: in Prévost near lac Écho, in Beaconsfield in the West Island of Montréal, and in Saint-Malachie near Québec City. The residential program is tailored to the specific needs of each individual and provides gender-specific programming. As the youth share their difficulties with the Portage community, they develop a sense of belonging and learn how to trust themselves and each other, while cultivating self-awareness, self-confidence, and self-respect.



THE PORTAGE PROGRAM IS BASED ON:

- ▶ Voluntary admission
- ▶ Therapeutic community model
- ▶ Psychological and physical safety
- ▶ Individual case management with the clients setting their goals and priorities
- ▶ Family support
- ▶ Aftercare services

What to expect during your stay

The program's duration is determined by each individual's needs, motivation, and readiness for treatment. A typical day at Portage includes:

- ▶ Gender-specific therapy groups
- ▶ Community meetings
- ▶ Physical education/outdoor recreational activities
- ▶ Case management and treatment planning sessions
- ▶ Individual counselling
- ▶ Guidance and vocational planning
- ▶ Psychotherapy is available, if necessary

During your stay, you will develop

- ▶ Trust
- ▶ Self-respect
- ▶ Confidence
- ▶ Balance
- ▶ Skills to prepare for your future
- ▶ A sober lifestyle



Portage Academy

All Portage centres for youth provide mandatory on-site school programming, which is adapted to the needs of the residents and recognised and administered by the local school boards. Small classes and progressive techniques facilitate the academic experience, as students develop the necessary learning skills to succeed long after they leave Portage. Portage is proud of the academic success of its residents, many of whom go back to school and receive their high school diploma after completing the residential phase of their therapy.

For youth from youth

Within the therapeutic community, you will learn and grow through the healthy relationships that you will build with the other youth in treatment. They will encourage you to maintain your commitment to overcoming your substance abuse issues, and you will encourage them to do the same.

The idea of residential treatment may seem like an eternity, but it pales in comparison to the rest of your life. There will be difficult moments during your time 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, your loved ones, and for your future. Believe in yourself and believe that you have the power to change your life.

Freedom from Addiction.

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@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