Portage

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.
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.

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

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

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.

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Visit us on @portagecanada