



PORTAGE

## Rehabilitation Program for Youth

In a safe environment, youth between **14 and 18** work on the root causes of their addiction problems and learn how to live a healthy and positive life, free from drugs and other substances.

The **therapeutic community** and support from other residents in similar situations are there to help you regain your confidence and self-esteem. At Portage, we often say that only you can do it, but you can't do it alone.

Aftercare and continuing care services help you reconnect with family and loved ones, build healthy social networks and maintain a positive lifestyle after treatment.



Starting therapy in a residential centre for a few months may seem like an eternity, but it's nothing compared to the rest of your life.

There will be challenging moments and times when you will be proud of yourself for persevering. No one expects you to be perfect. Therapy is based on your own experiences; all you need to do is be yourself and use the tools available. Leaving your family may seem difficult, but at Portage, you will find a warm environment and, most importantly, make friends for life.



Group  
Meetings



Adapted School  
Curriculum



Art  
Classes



Emotional  
Management



Physical  
Activities



Social  
Reintegration



Family  
Support



Sense of  
Belonging



## Residential Program

We offer a program adapted to your needs that can last up to 6 months. Throughout the process, your needs will be re-evaluated and adjusted according to your evolution and the achievement of your goals. Once the residential phase is complete, you and your peers will join a support group who will help accompany you in achieving your life's goals. Your family and friends are also invited to participate in workshops and groups designed to meet their needs while supporting your process.

## Education

Portage offers a mandatory school program for youth, taught by certified teachers from the Upper Grand District School Board. The curriculum is adapted to your needs to help you reach your academic goals.

## CONTACT US



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[portage.ca](http://portage.ca)

*You can message us privately via social media for any questions or assistance.*