

CONTACT US



Portage au Lac Écho
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*You can message us privately via social media
for any questions or assistance.*

Program subsidized by the Ministry
of Health and Social Services and
the Portage Foundation. Free of
charge for Quebec residents.



**ADULT
PROGRAM**



FREEDOM FROM

ADDITION



The program is based on

- Voluntary admission
- Individual case management
- The therapeutic community model
- Psychological and physical safety
- Family support
- Aftercare services
- Employment reintegration

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 stigmatized. 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 your future.

Rehabilitation Program for Adults

On the shores of Lac Écho in the Laurentians, our bilingual residential program welcomes residents of Quebec free of charge. The duration of the residential program is based on each individual's needs, motivation, and readiness for treatment. Rarely does it exceed six months.

In this organization, respect for the individual is at the heart of all interventions. Individual case management in a peer-supportive environment ensures that the specific needs of each resident are met.

While at Portage, residents develop a sense of belonging through our therapeutic community model and learn how to trust themselves and each other. They cultivate self-awareness, self-confidence, and self-respect by coming together and sharing the difficulties and vulnerabilities in their lives.



Group
Meetings



Family
Support



Physical
Activities



Social
Reintegration



Outdoor
Activities



Emotional
Management



Sense of
Belonging



Supervised
Apartments

Admission

Within 48 hours of contacting us, one-on-one meetings are set up with the candidate and a qualified admissions agent at our Montreal office. During this meeting, candidates are interviewed to evaluate their individual needs and ensure that they are prepared to begin their rehabilitation.

Social Reintegration

Aftercare and continuing care services help residents transition back into mainstream society. Once the residential component of the treatment program has been completed, clients receive personalized follow-ups through regular communication and meetings with aftercare counsellors. Our services provide essential support to residents during the vulnerable periods of recovery by helping them apply learned competencies to their everyday lives. Portage's continuing care supports these individuals for two years after the completion of their drug rehabilitation stay.