



PORTAGE

## REHABILITATION PROGRAM FOR YOUTH (14-21 YEARS OLD)

Subsidized by Santé Québec  
and the Portage Foundation

## A fresh start in the heart of the Laurentians

In a safe environment, youth between 14 and 21 work on the root causes of their addiction problems and learn how to live a healthy life, without resorting to substance use.

The therapeutic community and support from other residents in similar situations are there to help you regain your confidence and self-esteem.

Social reintegration and family support help you reconnect with loved ones, build healthy social networks and maintain a positive lifestyle after treatment.

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There will be difficult moments, but also moments of pride. Portage provides the tools to make the right choices, in a warm and sincere environment.



Group meetings



Social reintegration



Emotional regulation



On-site School



Sense of belonging



Family support



Physical activities



outdoor activities

## What we offer:

- **Free** residential stay of 3 to 6 months
- Therapeutic community approach
- Personalized support
- Sports, cultural and outdoor activities
- Family support
- Social reintegration services


## Admission


Admission is voluntary. We will return your call within 48 hours of your inquiry to discuss your needs and eligibility. A meeting may be scheduled afterwards, depending on the evaluation.

## On-site School

Portage offers a mandatory school program for adolescents taught by certified teachers from the Sir Wilfrid Laurier School Board. The curriculum is adapted to your needs to help you reach your academic goals. Young adults continue their studies during therapy.

## CONTACT US

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