

PHILOSOPHY

Westminster House promotes and facilitates a desire for recovery, helping women help themselves overcome addiction.

MISSION

To provide residential addiction treatment for women through integrated social recovery, education, and wellness.

Our staff knows that making the decision to come to treatment can be difficult. We would be happy to answer any question you have.

1-866-524-5633



WESTMINSTER HOUSE

RESIDENTIAL PROGRAM

SOCIAL MODEL RECOVERY

**Call us toll-free 24 hours a day
1.866.524.5633**

WESTMINSTER HOUSE

Westminster House Society

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women do recover

PRIMARY CARE

During a client's stay, they explore the core issues that led to their addiction. Primary Care presents the framework and an action plan that leads to sustainable recovery.

Westminster House programs are holistic and progressive.

Primary Care includes:

- Group Therapy
- Medical Assessment
- Holistic Therapy
- Cognitive Behavioral Therapy
- One to One Counselling
- Addiction Education
- Introspective Writing
- Health and Wellness
- Psycho-educational programming
- Lifestyle and Nutrition
- Social Recreation

Ultimate goals for our clients:

- Long term abstinence from drugs and alcohol
- Improved psychological and mental health
- Improved family and social relationships
- Access to educational and employment opportunities.



SOCIAL MODEL

Social Model provides treatment, education, and prevention opportunities that differ from an institutional approach. Our Social Model teaches that while we think as individuals, we succeed together. Community interaction and personal experiences are tools we use to help others. Recovery is an individual choice and an ongoing process that is demonstrated, measured, and strengthened by community involvement.



FULL CONTINUUM OF CARE

Detox/stabilization

Private, fee-for-service, medically supported residential Alcohol and Drug Withdrawal Management Program for Women on an assessed needs basis

Primary Care

Presents the framework and an action plan that leads to sustainable recovery

Second Stage/Transition

Supports the integration of clients back into society and the workforce

OnGoing Recovery

After Care program that bridges the gap between residential care and independent living

Alumni

Participation in alumni group, volunteering, event committees and share experience with new women entering the program

Family Program

Families impacted by addiction need support too. The healing begins at family group every Wednesday at Westminster House.

