

Testimonial

“At first I was intimidated to go to a residential rehab; I didn’t know what to expect. It only took a couple of days for me to feel at home. The therapy has helped me stay sober for over two years now. I would highly recommend Heritage to anyone who needs help.”

Mark, age 37



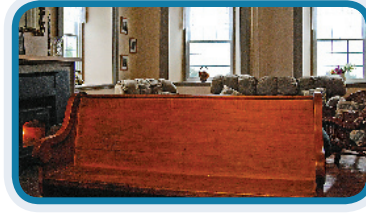
Heritage Lounge



Men's quarters, Suites & Offices



Women's House



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HERITAGE
— HOME FOUNDATION —

offering

Residential Treatment
for Drug and Alcohol Addiction

Catherine Cosgrove, M.A.
Clinical Director



Heritage Home's Treatment Approaches & Services

Holistic Treatment

At Heritage Home we treat body, mind and spirit as we work towards enhancing our clients' recovery and personal development. Holistic healing is based on the idea that body, mind and spirit functions as a harmonious unit and adverse effects on one also affect the others; requiring treatment of the whole to restore balance.



Traditional Approaches

- ☀ Behavioural Therapy
- ☀ Cognitive Therapy
- ☀ Psychodynamic Therapy
- ☀ Psycho-educational Approach

Alternative Approaches

- ☀ Applied Human Sciences
- ☀ Creative Arts Therapy
- ☀ Native Healing
- ☀ Meditation & Yoga
- ☀ Recreational Therapy

Mission Statement

At Heritage Home we look beyond your addiction to help you become the person we know you can be. To achieve this goal, we provide a personal, unique and successful approach to an emotional, physical and spiritual healing. We commit ourselves in helping you find a better life that is waiting for you.

Alternative Treatments

Heritage provides clients with many alternative treatments that heal and relax body, mind and spirit.

- ☀ Facial & Scalp Massage
- ☀ Mindfulness Meditation
- ☀ Reflexology
- ☀ Shiatsu
- ☀ Swedish Massage

Lodging

At Heritage Home Foundation we are pleased to offer our clients their own private room with bath. We understand that the therapeutic process can be emotionally, physically and spiritually draining, so we provide a place where people can regenerate in privacy.

The rooms are spacious, clean and comfortable. We also provide maid service to enable you to focus on more important things than cleaning.



Physical Fitness

The body aspect of holistic healing is essential to our program. That is why we provide clients with a gym on site and an instructor to assist them in developing a personalized training program.



Therapeutic Recreation

Recreational activities are provided to encourage healthy enjoyment of life.



Sports:

- ☀ Biking
- ☀ Kayaking
- ☀ Riding
- ☀ Skating
- ☀ Skiing
- ☀ Swimming

Outings:

- ☀ Apple Orchard
- ☀ Bird Sanctuary
- ☀ Bowling
- ☀ Dairy Farm
- ☀ Maple Sugar Shack
- ☀ Tour of Montreal

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