

Dunham House Inc.

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Coordonnées

Dunham House Inc.

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Description

Dunham House is a registered Canadian charity that provides a residential Life Skills Development program for people experiencing a personal or emotional life crisis, often accompanied by concurrent disorders such as depression and substance abuse. Dunham House offers a respectful approach in treating substance abuse (alcohol and drugs) and mental health. Although each resident partakes in their own individualized treatment plan, Dunham House provides a common core program for all residents. This includes classroom academics and extra-curricular readings, one-on-one counselling, group discussions, and communal living and shared responsibilities. Each of these program characteristics contributes to providing the resident with knowledge, awareness and experience helpful in the design of a meaningful life plan. Our approach in assisting our residents is based on various evidence-based strategies which include cognitive and behavioural techniques, motivational and solution focused strategies based on a community environment. We care for our residents in a compassionate manner, using a motivational and cognitive approach in a non-confrontational therapeutic community.

Région

- Estrie

Types de dépendance

- Alcool
- Drogues

Clientèle

- Adulte Mixte (hommes et femmes)

Langue

- Anglais

Services offerts

- Accompagnement (ex: à la cours; à l'hôpital; etc.)
- Formation et ateliers
- Prévention de la rechute
- Programme d'aide en santé mentale
- Réinsertion sociale interne
- Rencontre/Suivi/Thérapie de groupe
- Rencontre/Suivi/Thérapie individuelle

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