
WESTOVER FAMILY PROGRAMS

The 6 day residential Co-dependent Program is designed for individuals who feel they have been affected by someone else's substance dependency. We also provide a 4 day out-patient program (on consecutive weekends) for family members or friends connected to the substance dependent clients who are in treatment

In both programs we take a Family Systems/Client Centered/ Cognitive Behavioural approach to treatment. Information on addiction, effects on family members, recovery strategies and resources for support is provided through a format that includes treatment videos, teaching sessions, a community based 12 Step meeting held on site and group discussions. The 6 Day Residential program expands on this format to include a one-on-one counseling session with a Primary Counsellor, peer support, social skills training, Step Sessions and development of a continuing recovery plan that includes referrals for follow up support as needed.

In addition, we provide an aftercare program to support the ongoing recovery of clients who have completed either of the above programs. This consists of a 6 month rotating schedule of weekly meetings held in 4 locations within our catchment area.

Currently our weekend program is designed for adults (16 and over). To further support family members we have initiated a new component providing programming for children ages 7 - 12. This program is designed to provide support specifically for the children along with separate meetings for the parents, or primary caregivers, and their children.
