



WWW.INTOTHEWILDHELPS.ORG



We understand that life doesn't stop for recovery. That's why our program is structured into two five-hour sessions per week, allowing you to balance your healing journey with work and family responsibilities.

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A HOLISTIC TREATMENT APPROACH
FOR WOMEN WITH SUBSTANCE USE
DISORDER.

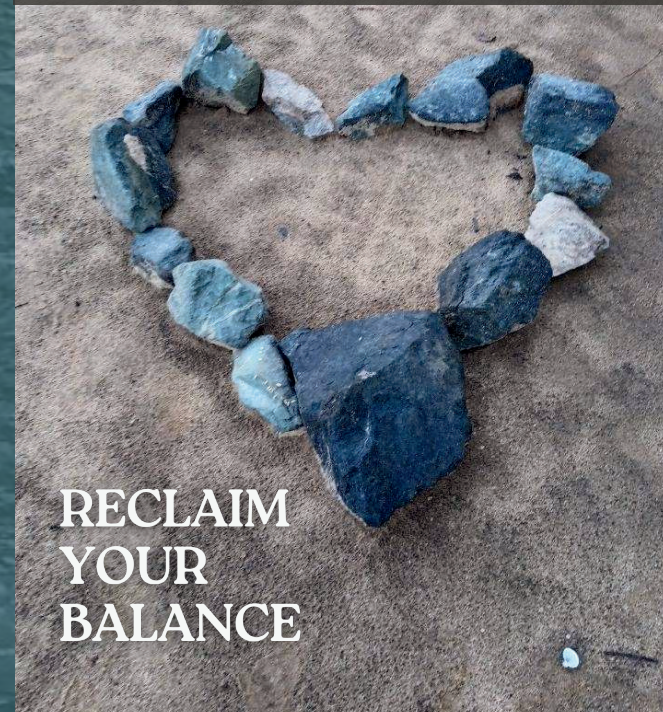


CONTACT US

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Our goal is to empower
you to find your inner
strength and create a
sustainable path
forward.

ACCEPTING APPLICATIONS NOW!



RECLAIM
YOUR
BALANCE

Located in Lewisville, NC
Mailing Address:
P.O. Box 1291, King, NC

FEELING TRAPPED BY ADDICTION?

You're not alone. Countless women in our community are seeking a way out. We offer a unique path to recovery. Our wilderness-based therapeutic program is designed to help you escape the daily stresses that can hinder your healing. Imagine spending time in nature, surrounded by supportive women, as you learn to relax, reconnect with yourself, and build resilience.

Our holistic approach combines gentle yoga, healthy nutrition, outdoor adventures like hiking and kayaking, mindfulness techniques, and open, heart-to-heart campfire conversations.

Our adventure recovery intensive outpatient program provides a holistic treatment approach for women with substance use disorder. We use evidence-based therapeutic approaches to address the whole woman - mind, body, and spirit.



*gentle yoga *healthy
foods *healthy eating
*hiking *kayaking
*canoeing *mindful
*breathing *campfire
therapy

*"I didn't realize how
much I needed this
program."
-Anonymous*

INTENSIVE OUTPATIENT PROGRAM

- 6-weeks
- Group and individual counseling
- Mindfulness & self-regulation tools
- Daily nutrition and healthy eating lessons
- 12-Step facilitation
- Daily adventure activities focused on promoting confidence and self-esteem, trust and team building, empathy, and compassion, and so much more!

