

The Wellness & Recovery Centre will provide a safe environment for individuals in need of support and management of their substance use and mental health concerns.

The treatment philosophy focuses on providing holistic care that will address all social determinants of health and stages of change.



Our Model of Care incorporates key wellness outcomes that are identified in the First Nations Mental Wellness Continuum.

Our Focus

Barrier-Free Care

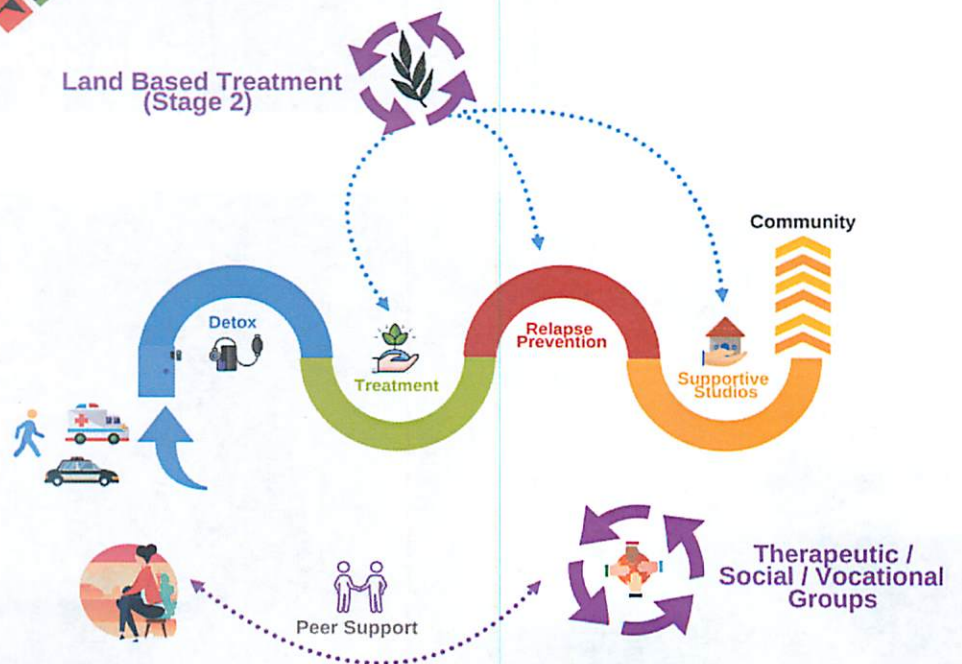
Client-Centred Care

Safety & Inclusion

Holistic Care



Wellness and Recovery Centre Client Journey



Services

- Withdrawal management
- Relapse prevention
- Long-term supportive stabilization treatment
- Individual counseling
- Peer based programming
- Family programming
- Leisure and recreation programming
- Activities of daily living and skill programming
- Education and job skill development
- Contingency management for stimulant use disorder
- Rapid access addiction medicine clinic
- Mental health injection clinic
- and more

Continuum of Care

The continuum of care will meet client needs through an individualized treatment plan catering to their unique goals and priorities.

Health promotion, prevention, community development and education

Early identification and intervention

Trauma-informed treatment

Support and aftercare

Crisis response

Coordination of care and care planning

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Learn more at www.brightshores.ca/mental-health-addiction-services/