



Purpose

Terradyne's Aftercare Program focuses on ensuring a healthy and safe transition back to your life.



"Today I am free to be the person I have always wanted to be! Most importantly I have achieved peace of mind and contented sobriety."
-Anonymous Alumni Testimonial

Making connections that will last

People can and do recover from addiction. The chances of successful recovery is dependent on maintaining connections. According to the National Institute on Drug Abuse, forty to sixty percent of people who stop following their treatment plan are likely to relapse. Relapse is common in recovery, especially in the first 30 days after leaving treatment, which is why aftercare programming is so vital.

Terradyne's Aftercare Program focuses on the importance of follow up, building supports, and the evaluation of a client's Relapse Prevention Plan as they work to implement coping skills.

"Studies show that the likelihood of relapse goes down when individuals have better coping skills and social support networks."
(Holmes, 2018)

Questions?

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Terradyne Wellness Centre



Aftercare Program

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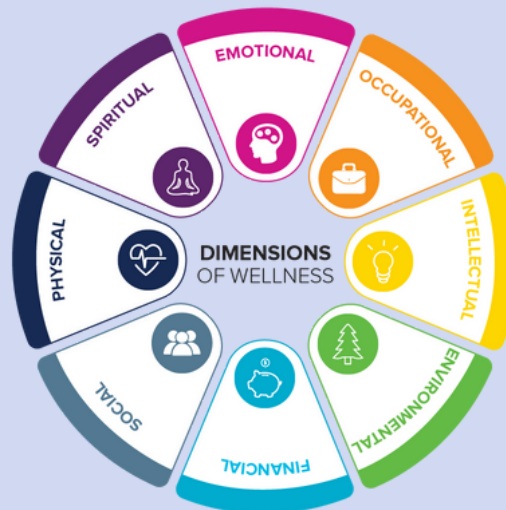


What is aftercare?

Aftercare is a program that helps Terradyne alumni use the tools they learned during treatment to prevent relapse - the focus is your transition from treatment back to your life. We recognize that recovery extends long after a client's residential stay.

Our experienced team works with clients to develop a tailor-made Relapse Prevention Plan which centres around safety, addresses unhealthy thought patterns, builds healthy ways to cope and encourages personal growth.

Because addiction affects many aspects of a client's life, Terradyne recognizes a need to focus on all dimensions of a client's wellness.



What to expect...

- Focus on recovery
- Continue applying skills learned during treatment and apply them to daily life
- Recognizing and naming struggles
- Sustain recovery long-term by challenging old ways of thinking that can be harmful to wellness and recovery
- Being held accountable to recovery goals set while in treatment
- Identify and work through feelings and emotions with healthy ways to cope
- Focus on being mindful and being present in the moment
- Making changes to your Relapse Prevention Plan as necessary

Our services

At Terradyne Wellness Centre, we provide live online workshops for alumni Monday to Friday from 9:30 to 11:30 am.

Within the first 48 hours of leaving Terradyne, clients receive a phone call from one of our team members, as well as weekly follow-up calls for the first 30 days after treatment.

Every Sunday, we offer a Current Client and Alumni Recovery Group. Participation can be either in person or online.

Once a month, we host a guest speaker meeting for all alumni at Terradyne and an option to attend the meeting live online. Brunch is offered for those onsite.

