

2-WEEK DRUG & ALCOHOL ADDICTION SUPPORT PROGRAM



ABOUT US

Seahaven Private is an Alcohol and Drug Rehabilitation service based in the South East suburbs of Melbourne. Located metres from beautiful beaches and serene coastal reserves. Seahaven provides an incredible environment for addiction rehabilitation and recovery.

WHAT IS ADDICTION?

Addiction is an ongoing physical or psychological compulsion to do, take or use something, despite negative consequences. Signs of drug addiction can vary from person to person, and also be dependent on the drug and frequency of use.

Signs of addiction;

- unable to limit or control the amount you use.
- being secretive or hiding use
- the need to increase amounts used to get the same effect
- physical urges or cravings for drugs that affect your concentration.
- using to the detriment of your personal, family or work responsibilities
- spending money that you cannot afford.



SEAHAVEN CAN HELP

Seahaven Private offers an intensive addiction support program for clients not seeking residential rehab. Our program is designed to educate and support clients to get back on track whilst maintaining their home and work life. With guidance from our experienced team, clients will regain their capacity for commitment and determination to achieve a sustainable recovery from addiction. Ongoing access to our Aftercare Program ensures our clients have support to achieve lifelong recovery.

Program inclusions;

- Individual counselling
- Group counselling
- Individual care management
- Comprehensive evidence-based program
- Holistic therapies including yoga, meditation and sound healing
- Life skills educational sessions
- Personal training and exercise
- Nutritious meals and snacks
- Access to our Aftercare Program



PROGRAM COSTS

Call: (03) 8738 4252 for our latest pricing



CALL US TODAY FOR YOUR CONFIDENTIAL FREE ASSESSMENT.

Visit us at 7/500 Station Street, Carrum 3197
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Go to www.seahaven.com.au for more information.

