

Men's Recovery – Calgary Dream Centre

403-243-5598 Ext. 231

4510 Macleod Trail SW, Calgary, Alberta T2G 0A4

- Service targeted toward men 18 years or older who have completed detox 5 days prior to program start.
- Provides a seven-week program for men to overcome addiction.
- Service offers:
 - weekly classes to teach relapse prevention, mindfulness practices, anger management, interpersonal effectiveness, emotional regulation, distress tolerance, and career development
 - cognitive behavioral therapy, dialectical behavioral therapy, and group therapy
 - 12 step programming, process groups, and aftercare supports
 - access to a case manager, addictions counselor, and psychologists
 - bedding, towels, toiletries, living quarters, and meals
 - weekly healthy leisure activities and gym pass
- Note:
 - 49 days program - \$ 1200 fee