

**AADAC COUNSELLING AND
PREVENTION SERVICES, RED
DEER**

Main Floor, Provincial Building
4920 - 51 Street
Red Deer, Alberta
T4N 6K8

Phone: (403) 340-5274

Fax: (403) 340-4804

AADAC'S TOLL-FREE HELP LINE

1-866-33AADAC

www.aadac.com

OUTREACH OFFICES

INNISFAIL OLDS LACOMBE

SUNDRE PONOKA SYLVAN LAKE

ROCKY MOUNTAIN HOUSE

Call 403-340-5274 to book an
appointment in Outreach Offices.

**DETOXIFICATION SERVICES
SOUTH**

Renfrew Recovery Centre
(Government Rite Line 310-0000)
(403) 297-3337
1611 Remington Road N.E. - Calgary

NORTH

AADAC Recovery Centre
(Government Rite Line 310-0000)
(780) 427-4291
10302 - 107 Street - Edmonton

**AADAC SERVICES ALSO
AVAILABLE IN THE FOLLOWING
AREAS:**

Airdrie - (403) 912-3306

Drumheller - (403) 823-1660

Stettler - (403) 742-7523

Camrose - (780) 672-1181

Drayton Valley - (780) 542-5609

Wetaskiwin - (780) 361-1358

Red Deer Clinic

**ALBERTA ALCOHOL AND DRUG
ABUSE COMMISSION**

*Professional, Free
and Confidential*

AADAC

www.aadac.com

AADAC

Alberta Alcohol and Drug Abuse Commission
An Agency of the Government of Alberta

Making a **Difference**

AADAC'S VISION

A healthy society that is free from the harmful effects of alcohol, other drugs and gambling

ADULT AND YOUTH TREATMENT

- ☐ Are you starting to worry about your alcohol or drug use?
- ☐ Is gambling a concern for you?
- ☐ Is your family or boss concerned?
- ☐ Are you concerned about someone else who is drinking, using drugs or gambling?

- We are here to listen and to help.
- Services provided are free of charge.
- Your confidentiality is very important to us.
- Our counsellors are professionals.

HOW TO CONTACT US

Appointments and information for the Red Deer Out-patient Clinic and all Outreach Offices please call: 403-340-5274.

ACCESS TO TREATMENT SERVICES

No appointment necessary. Walk-in is on a first come basis. Monday from 1:00 - 3:00 pm and Tuesday - Friday between 8:30 - 11:00 am and 1:00 - 3:00 pm. This is a short appointment with an Addictions Counsellor to assess your immediate concerns.

INDIVIDUAL COUNSELLING

One-hour sessions are available with an Addictions Counsellor to explore your treatment options.

WOMEN'S GROUP

This group supports women in recovery from alcohol, drugs and or gambling. *(Counsellor referral required.)*

ONGOING RECOVERY GROUP

Clients referred to this group are in the maintenance mode of their recovery. *(Counsellor referral required.)*

EYE OPENER

Tuesday - Fridays 9:00 - 10:00 am. Clients gain a better understanding of the many factors that play a role in their addiction. *(Open to all clients)*

YOUTH INFORMATION SERIES

2 part series offering basic information about addiction and recovery. *(Counsellor referral required.)*

WHAT ABOUT YOU?

This support group is for those who care about someone who has a problem with alcohol, drugs or gambling. *(Counsellor referral required.)*

ADULT INFORMATION SERIES

2 part series offering basic information about addiction and recovery. *(Open to public)*

DAY PROGRAM

8-day intensive program, includes workshops on basic addiction, coping strategies, relapse prevention, physical recovery, and managing emotions. *(Counsellor referral required.)*

RELAPSE PREVENTION

3 part series - Topics include: coping with cravings, changing behaviors and handling high-risk situations. *(Counsellor referral required.)*

PREVENTION AND INFORMATION SERVICES

Red Deer AADAC Counselling and Prevention Services provide a range of substance abuse and problem gambling prevention services and programs for people working in business, industry, health, education, social services and the community. Services include training, consultation, information, and resources.