



When you're ready!
call 845 1818
www.cads.org.nz



CADS Abstinence Programme

12 Step recovery for people wanting to be alcohol free and drug free

CADS Abstinence Programme (CAP) provides an intensive outpatient programme based on 12 Step Facilitation which can be helpful for people who:

- Have a desire and a willingness to be drug and alcohol free
- Can commit to 9 hours a week of group work over 8-12 weeks during the intensive phase of the programme
- Would like to have longer-term support in the journey of recovery
- Are open to the values of 12 Step Fellowships

Treatment takes place mainly in groups with regular individual counselling.

Family/whanau involvement is encouraged and a group is available for adult family members and support people.

Our groups are held at Pitman House 50 Carrington Road Point Chevalier.

For more information about our groups please discuss with your CADS counsellor / the duty counsellor or call 815-5876 direct

This is a free service facilitated by professional alcohol and drug counsellors.