



What are the next steps?

Get in touch with us by phone, email or in-person. We are ready to help.

Phone



(613) 724-4881

Our phone is answered during our hours of operation. If you can't get a hold of us, please leave a voicemail.

Email



info@rideauwood.org

Email us and we will respond to your request within 1 business day.

Hours of Operation



Monday – Thursday, 8:30 am to 8:00 pm

Friday, 8:30 am to 4:30 pm

Saturday and Sunday, Closed

Rideauwood.org



Parent and Family Programs

Families, parents and support persons often need support too.

Parent and Family Programs at Rideauwood

Families, parents and others who support individuals struggling with substance use, behavioural addictions and related mental health issues can overlook their own need for support. At Rideauwood, we ensure everyone is supported to feel empowered and find solutions that will work for their particular situation.

We offer unique programs to help families, parents and support persons learn about substance use, behavioural addictions and related mental health issues and how they can help reduce the impact of these problems. Our counsellors work with each individual to discover strategies to cope with and help you with your loved one's struggles.



Our Programs

Family Spiral

This is a 2-evening program for family members, friends and support persons who are concerned about someone with a substance use, behavioural addiction or related mental health issue.

The Family Program

This is a 13-week program for family members and others who support people with substance use, behavioural addiction and related mental health issues. It includes 4 evening group sessions, a 4-day intensive portion, and an 8-week after care session. Individual counselling is also available as part of this program.

ARCK Program (for Families, Parents and Support Persons)

ARCK (Awareness, Responding, Coping and Knowledge) consists of 6 evenings of group sessions and individual counselling. It focuses on education about addiction, communication skills, emotions and setting healthy boundaries.

The Parent Program

This is a 13-week program for parents and others who support people with substance use, behavioural addiction and related mental health issues. It includes 4 evening group sessions, a 4-day intensive portion, and an 8-week after care session. Individual counselling is also available as part of this program.

Urgent Substance Use Treatment Program for Parents and Family

This program provides immediate support, education and individual counselling services for family members, parents and others who support persons experiencing opioid-related and other urgent substance use issues.

Problem Gambling Program for Families

We offer support, counselling, and education for family members, parents and support persons of people who struggle with gambling.