



## 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](mailto: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](http://Rideauwood.org)



## Youth, Young Adult, Adult and Family Programs

Our clients choose the  
support options that work best  
for their unique situations.

## Who We Treat

Rideauwood treats youth, young adults, adults and families who are struggling with the role that substance use, behavioural addictions and related mental health issues play in their lives.

Rideauwood counsellors work with each individual to develop a personalized recovery plan. All Rideauwood clients set goals based on their personal choice, including harm reduction or abstinence.

We know that everyone's path is different. What matters most is that you have found a starting point on the path to recovery.

## Who We Are

Rideauwood is a community leader and a specialist in substance use, behavioural addictions and related mental health issues. We opened in 1976 to support youth, young adults, adults and families in Ottawa with 4 programs and services. Today, Rideauwood has more than tripled the number of programs it offers and serves approximately 3,000 clients yearly.

Our entire organization is deeply committed to creating a compassionate and caring culture where clients feel empowered and supported to make decisions that work for them and that are in line with their values.

## Our Approach

Rideauwood recognizes that substance use, addictions such as problem gambling and gaming, and related mental health issues are complicated and that individuals need to choose the support options that are best for their unique situations. Rideauwood's approach is based on clinical best practices which are adapted to meet the ever-evolving needs of our clients.

Our specialized approach involves adaptation, collaboration and most importantly, compassion. We listen to and respond to our clients with the greatest of respect and consideration. We care deeply about our connection with our community. This is a powerful aspect of Rideauwood culture and is something we hear about time and time again from colleagues, partners and those who have been through our programs.

## Our Programs

At Rideauwood, all programs are developed using evidence-based best practices, keeping adaptability and collaboration in mind. Consistently high levels of client satisfaction and dedicated, passionate staff ensure that we continually evolve our services and client experience to meet emerging needs.

### Youth and Young Adult Programs

- School-Based Program
- Youth & Young Adult Substance Use Program
- Youth & Young Adult Urgent Substance Use Program
- Youth Justice Program
- Pregnant and Parenting Program

### Adult Programs

- Urgent Substance Use Treatment
- Adult Substance Free Program
- Rideauwood Choices and Change
- Problem Gambling
- Ottawa Drug Treatment Court
- Rideauwood Concurrent Disorder Program

### Parents and Family Programs

- Family Spiral
- The Family Program
- Urgent Substance Use Treatment Program for Parents and Family
- Problem Gambling for Families
- ARCK Program (for Families, Parents and Support Persons)
- The Parent Program