



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



Adult Programs

There is no “right” path to recovery—only the path you choose.

Adult Programs at Rideauwood

If you are concerned about the role that substance use, behavioural addictions or related mental health issues are playing in your life, you are not alone. For over 40 years, Rideauwood has been delivering innovative, evidence-based treatment programs, helping many individuals find answers and begin to make positive changes in their lives.

At Rideauwood we offer many program options. We help our clients choose the approach that will best help them achieve their goals. Our unique programs help individuals face the role that substance use, behavioural addictions and related mental health issues are playing in their lives. With harm reduction and abstinence options, individuals are free to choose the treatment path that works best for them.



Our Programs

Urgent Substance Use Treatment

Through this program, Rideauwood provides immediate education and individual counselling services for adults with opioid-related and other urgent substance use issues.

Adult Substance Free Program

This non-residential treatment program is for adults who are struggling with substance use and who wish to live a substance-free lifestyle.

Rideauwood Choices and Change

This program is offered to adults who wish to learn how to moderate their substance use in ways that are safe for them.

Problem Gambling

This program offers guidance on prevention, education and treatment to help individuals to address problem gambling. During the program individuals increase their understanding of the nature of gambling to see how it has affected their lives and the lives of others.

Ottawa Drug Treatment Court (DTC)

Ottawa Drug Treatment Court (DTC) is an alternative to incarceration for adults who have been legally charged as a result of non-violent crimes related to their substance use and related mental health issues. Participants in this abstinence-based program receive treatment tailored to their needs, while they maintain their Court obligations.