



**LEDGEHILL**  
TREATMENT AND RECOVERY CENTRE

This phone call saves lives:  
**1 (800) 676 - 3393**



## THIS PHONE CALL SAVES LIVES

Addiction in any form is a serious issue. It has the power to destroy families, lives and futures. If it is affecting your life or the life of someone close to you, the single most important thing you can do is seek help. It is a tough decision. It might feel shameful, embarrassing, scary or surreal. But almost every path to recovery starts this way. Please call us, even if you just need to chat informally. Confidentiality is absolutely ensured.

## LEDGEHILL PROGRAMS & APPROACH

We offer 45, 60 or 90-day core programs and a 30-day condensed program. They involve holistic behavioral therapies that teach clients how to incorporate the robust 12-step program into their daily lives. Clients are provided with healthy meals, and enjoy their own beautifully-appointed residential rooms. We are located in Lawrencetown, Nova Scotia. Our 110-acre farmland property is private and quiet. The staff has immense experience with addiction – both professionally and personally. You will meet people who have gone through similar struggles as part of your journey to recovery.

## DO THE PROGRAMS WORK?

Yes.

But you must understand that overcoming addiction is a journey that will last a lifetime. Our mission is to equip our clients with the tools, mindset, motivation and ability to embark on this journey. Success is different for every person, for every family. It could be as simple as making this first phone call. It could be something more specific, like staying clean for five years. Generally, success is gauged by this question: has a positive difference been made between admission and discharge? As such, we rely on feedback from our clients. We've included some testimonials below and many more can be found online at [www.ledgehill.com](http://www.ledgehill.com). We hope you take the time to read them.

## TESTIMONIALS

"Ledgehill gave me the unique and very eye opening experience of examining my life (...) Ledgehill taught me that I am not giving anything up, but in fact I'm gaining everything. I look forward to a new and clear beginning. A life that I should have had years ago." – T

"We love our new lives and we have such a positive outlook on life, thanks to what you have shown G and he has shown us. We are sharing a lot more with each other and enjoying life without drugs or drinking. I can never be able to thank you enough for the help that everyone has given to G." – G's WIFE

## MORE INFORMATION

More stories, detailed program information, financing information, self-assessment tools and many other helpful resources can be found on our mobile-friendly website: [www.ledgehill.com](http://www.ledgehill.com)

If you want to talk directly and confidentially with our staff, please do not hesitate to reach out. There are no receptionists or salespeople at the other end of this line, only people who understand firsthand what you and your family are going through.

Our priority is saving lives.

## ADDICTIONS TREATED AT LEDGEHILL

We address chemical addictions, such as alcohol or drugs, and behaviour addictions, such as gambling or sex. It is common to suffer from more than one type of addiction. It is also common to experience anxiety and / or depression along with addiction – the programs are built to address these possibilities.

## GENERAL TREATMENT EXAMPLES

- Individual and group therapy
- One-on-one treatment planning
- Physical exercise (tailored to you)
- Nutritional counseling
- Spiritual counseling
- Individual assignments
- Aftercare training
- Optional family involvement
- Structured weekday routines
- Flexible weekend routines

**MAKE THE CALL TO GET HELP FOR YOURSELF OR SOMEONE YOU LOVE. THE 24 / 7 DIRECT LINE TO OUR STAFF IS:**  
**1 (800) 676 - 3393**

We're happy to provide in-depth program detail, or talk further about what success looks like and how we help you achieve it.

**LEDGEHILL.COM**

7608 Highway 201, RR #1 Lawrencetown, Annapolis County, Nova Scotia, Canada B0S 1M0 | Phone: 1 (800) 676 - 3393 | Fax: (902) 484 - 6091 | Email: [info@ledgehill.com](mailto:info@ledgehill.com)