

Transforming Lives



Rebuilding Relationships



Providing Hope



A Unique Opportunity

As the only treatment centre of its kind in the region, Tamarack Recovery Centre is recognized by primary addictions treatment centres and employee assistance program referral agents as one of the most effective residential treatment and recovery resources available. Our non-profit status enables us to keep our services affordable.



Contact us:

If you are willing to make a commitment to change or if you would like more information about our services, please contact us with our guarantee of confidentiality and respect.

Intake: 204-775-1328

E-mail: intake@tamarackrehab.org

24 hour line: 204-772-9836

Website: www.tamarackrehab.org

Tamarack welcomes referrals from agencies and organizations that seek to help individuals who are struggling with addictions. We have further information about the clinical aspects of our programs, as well as downloadable referral forms, on our website. We will also be happy to fax referral forms to you along with any additional information you may require.

Tamarack Recovery Centre
60 Balmoral Street
Winnipeg, Manitoba
R3C 1X4
Main Office: 204-772-9836
Fax: 204-772-9908



TAMARACK RECOVERY CENTRE

(TAMARACK REHAB, INC.)

Welcome to Tamarack Recovery Centre You can do it!

Have you decided that you need to stop drinking, abusing drugs, or engaging in high risk behavioural addictions?

Do you believe that you can make a new commitment toward your recovery with the help of our professional treatment team?

If so, Tamarack Recovery Centre can help.

Who We Are:

Tamarack Recovery Centre is an abstinence based, residential addictions treatment centre located in Winnipeg, Manitoba, Canada.

What We Offer:

We provide a thorough 60 day residential addictions recovery program for individuals who have completed a primary addiction program and are 28 days abstinent from drugs and alcohol.

We also run a pre-treatment day program for applicants who do not yet have 28 days sobriety.



Transforming Lives

"It was a revelation. The Tamarack program transformed my way of thinking about life issues and myself."

What Makes Tamarack So Special?

How We Work:

We believe that while addiction and the behaviours that go with it are incredibly destructive, the addiction itself is not the main problem but a symptom of unresolved underlying issues. We therefore see recovery from addiction as involving two key elements: understanding and dealing with underlying issues and learning and putting into practice new life skills. We incorporate both these elements into our programs, counselling and aftercare support services.

Understanding and healing from unresolved wounds is not an easy process. In the work of addiction recovery this process involves making connections between long term pain and the use of addictive behaviours as an attempt to cope. Though difficult at times, such work is a crucial element in the recovery process. Without it, clients are more likely to return to old patterns of thinking and behaviour, putting them at a greater risk of relapse.

Treatment at Tamarack involves the acquisition of new life skills. Through workshops and counselling we offer clients practical tools, skills and insight which can empower them to begin to rebuild relationships, connect with healthy supports and maintain long term recovery.

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"It was life changing...and people have noticed the difference even before I have. It can save your life."

Our Pre-treatment Program:

The pre-treatment program runs three mornings per week. Clients participate in the morning workshops and receive individual check-in appointments with a counsellor after each group.

Our Residential Program:

Our residential addictions recovery program runs for 60 days. Each weekday residents participate in a morning workshop and an afternoon therapy group. At least once a week each resident has an individual therapy session with their assigned counsellor. This intensive therapeutic input, in addition to the benefits of living in a residential treatment facility, provides an ideal environment for people to grow and change in positive ways.

Aftercare:

We believe that recovery is a long term journey that doesn't end when treatment is complete. We support our clients after treatment by providing counselling, a weekly aftercare support group and providing referrals to help them connect to other community agencies.

Looking to the Future:

The gains Tamarack clients make through their participation in group therapy and counselling prepare them for the extraordinary journey they will make in recovery after leaving the house. Many clients find that they are able to greatly improve their relationships with family members, partners and friends. They are often able to return to work, start a new career, training or school. Clients leave Tamarack with new skills to deal with life's challenges and the ability to create supportive networks to maintain their healthy new lifestyle.

Providing Hope

"Today my life is back on track. Tamarack gave me the tools I needed to deal with the real world out there.."