



Carers & Loved Ones Helpline
023 8039 9764

CONTACT US

the society of
st James
believing in your future

If you would like to speak to a member of our team, please call us on:

Phone **02392 861423**

Or you can email us:

Email **onlinerecovery@ssj.org.uk**

Location **69 Kingston Road, Portsmouth, PO2 7DX**

Visit the website and watch our "supporting you to make changes" video:

<https://www.portsmouthrecovery.org/how-we-help/>

Find the Community Day Rehab YouTube channel:

<https://www.portsmouthrecovery.org/advice-resources/>

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Housing Association No. LH4337. Registered Charity No. 1043664.
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COMMUNITY DAY REHAB

Local charity Society of St James and Inclusion (part of Midlands Partnership NHS Foundation Trust) are here to help you make your life better by guiding you through a drug and alcohol recovery journey.

www.portsmouthrecovery.org

NHS
inclusion

COMMUNITY DAY REHAB

We believe that no one is broken or needs fixing, but as humans we can, and do, get stuck in repetitive patterns of unhelpful behaviour. These take us away from the life that we want to live.

CDR has a structured 8 week programme, that is abstinence based, and we work alongside clients during weekdays - Monday to Friday, 9am-3.30pm.

CDR also has a range of community groups which run six days a week, that have similar content, but don't require complete abstinence. These are for people who might not be ready for the full programme or have other commitments.



HOW WE HELP

We offer trauma-informed interventions both in person and online via Zoom (in the evening). They include structured behaviour change groups, yoga, acupuncture, mindfulness, a women's group, a Sunday group, breath work & self compassion based practices plus a counselling service. These can help to:

- Notice the patterns that keep you stuck.
- Learn new skills such as soothing your central nervous system to help handle difficult thoughts, feelings, anxieties, boredom and sleep disorders.
- Identify & connect with who and what is important to you.
- Start taking steps towards creating the life you want based on these values.



We understand how difficult this work can be, but we've supported many people to change their lives for the better.

CLIENT TESTIMONIALS

"The day I entered the Community Day Rehab I knew it would change my life, the staff are so friendly and welcoming and completely non-judgemental. They delivered the programme in a way that made sense, I not only ended my addiction but gained insight and self-compassion into myself and feel I am now able to live the life I want and deserve"

"I found the counselling sessions at Community Day Rehab with Steph were life changing, to be listened to and understood helped me immensely, I used to walk out feeling amazing. It was great to be able to open up and not feel judged, amazing counsellor!"



"It's the helping hand you need....and they don't want anything in return."

See what others have to say:
www.portsmouthrecovery.org