



1601 Rochon Street, RR 1
Chertsey Quebec, J0K 3K0
(45 minutes from Montreal)
p. 1-877-465-8080
f. 450-465-8080

Dear Health Care Professional,

Do you have clients who have failed at outpatient programs? Or clients who need 24 hour support to make it through those first critical weeks? Are you tired of making referrals to programs whose support only lasts for the duration of the rehabilitation? Do you believe that your clients need tools for life as opposed to only tools to stop drinking in the moment?

Why not consider referring them to a rehab program that has been developed using best evidence, current self management tools and including cognitive therapy as a core component of the program. Our program was developed using the most current research to ensure that we give our clients the best chance possible for success.

At Clear Haven Center, we offer:

- 24 hr intake assessment
- 60 and 90 day programs
- Evidence based cognitive therapy, "Feeling Good Handbook" licensed facility
- Education and self-management is taught daily
- 3-tiered aftercare program including a two week tune-up program. We care about our client's success, and that is why we have created the aftercare program to continue our support for a client's lifetime.

For more details on how we strive to offer a fresh approach to rehabilitation, please see the enclosed brochure. Visit our website to learn about more life-changing lessons taught at Clear Haven center. Please feel free to contact us anytime through our 24 hour intake line: 1-877-465-8080.

Yours Sincerely,

Dr. Terry Orsten



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Dear Health Care Professional,

Are you tired of making referrals to programs whose support only lasts for the duration of the rehabilitation? Clear Haven Center has the answer! We know a client may begin to fear failure, or have a slip after the program is over. We have created three-tiered after-care program for successful graduates of the Center:

1. We offer a two week tune-up program at the discretion of the client anytime during the first 6 months following graduation. We assist the client to pin point the weak spots they faced after the program and assist them to create a concrete plan to successfully address those weak spots.
2. We also offer free lifetime rehab counseling support via email.
3. We host the "The Clear Haven Center Forum." It is an interactive online bulletin board web site, that offers new and current research on rehab, and other health related issues. We post articles on self-management of healthy mind, body, goals, and relationships. The forum is a place for clients to keep in touch, and share successes, and discuss posted materials.

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Dear Health Care Professional,

Do you believe that your clients need tools for life as opposed to only tools to stop drinking in the moment? Why not consider referring them to a rehab program that offers 24 hr intake assessment, evidence based cognitive therapy, teaches self-management, and follow-up care.

We teach clients how to:

- 1. Manage drug cues and take their life back:** Cues are circumstances, feelings, people, places, or events that trigger the urge to use. Clients learn 5 different techniques to conquer cues and triggers.
- 2. Create a new body:** Clients learn how to build a new body, get stronger, and look better than they have in years!
- 3. Use their minds to change negative thoughts and behaviours:** We teach them how to change the way they feel by changing the way they think.
- 4. Manage anger:** We teach clients how to manage all aspects of anger in their lives by helping them to understand how anger affects: their body, their relationships, and their family. They will learn alternate, positive ways to manage anger.
- 5. Manage guilt and shame:** Guilt and shame can drive clients into poor decision making and relapse. Clear Haven's programs will teach clients to differentiate between them, and how to handle these emotions in a constructive manner.

For more details on how we strive to offer a fresh approach to rehabilitation, please see the enclosed brochure. Visit our website and click on the link "20 Life Changing Things You Will Learn" to learn more about the life-changing, relapse preventing techniques taught at Clear Haven Center. Please feel free to contact us anytime through our 24-hour intake line: 1-877-465-8080.

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Dr. Terry Orsten