

Testimonials

What our clients say...

December 14, 2015 was a life-altering day for me. I entered a treatment centre for my food addiction and my life has been transformed, as well as losing 75 pounds. I was a person who thought I couldn't drive to Florida without eating peanut butter sandwiches! Now I have healthy choices!

In my ignorance of my disease, I didn't realize flour was a trigger for me. During the whole three weeks, I was never hungry. In fact, a lot of the time it was too much food!

*Renascent Food Program
Client, 2015*



Other Services



Healthcare professionals often have questions about accessing care in the system and resolving complex medical and concurrent mental health issues. Renascent's clinical team is pleased to consult with professionals on a non-crisis basis.

Clinical Consultation for Professionals

Prevention Services

- Training and Education Workshops
- Workplace Intervention Support and Consultations

Treatment Services

- Screening and Assessment
- Intensive Inpatient and Outpatient programs

Post-Treatment Services (Return to Work)

- Return to Work Consultation for the Client and Employer
- Individualized Treatment and Relapse Prevention plans

Consultation Services

- Training and Education Workshops
- Support Materials for Clinic/Office
- Intervention Support and Consultations with qualified staff

Discharge Summary

- Healthcare Professionals can receive a confidential discharge summary upon completion
- Occupational Medicine Coordination and Referrals

Why Renascent?



For almost 50 years, Renascent has treated over 45,000 clients.

Renascent is a national leader and expert in 12 step abstinence based treatment and recovery, dedicated to helping individuals and their loved ones rebuild their lives from the effects of substance addictions.

71% of people who complete our program are clean and sober two years later.* Fully accredited, Renascent offers evidence-based, trauma-informed care that addresses concurrent mental health issues and the impacts of addiction on all members of the family. Renascent manages three residential centres and one family health centre in the Greater Toronto Area. Relapse prevention and family care services are available over the phone to help ensure distance is never a barrier.

Helping individuals and families recover since 1970. We can help you too!

Talk to someone who's been there.

1 877 230 2918

www.renascent.ca



Renascent™
The road to recovery starts here.

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Accredited by
Canadian Centre
for Accreditation



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Centre canadien
de l'agrément

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Food Addiction



Renascent™
The road to recovery starts here.

Renascent: A continuum of addiction recovery services for individuals, families, loved ones, and organizations impacted by substance use disorders, inclusive of proven addictive food substances. We offer immediate, client-centred and evidenced-informed solutions with proven outcomes.

Primary Care

Why it's Important

Renascent's Food Addiction is an intensive kick-start to recovery grounded in an evidence-based and client and family centred approach – proven to make the difference in long-term recovery. Delivered by registered psychotherapists and certified food addiction counsellors who have the personally lived through the experience of addiction and recovery. Primary Care offers around-the-clock counselling and support and introduce practical recovery skills.

Goal

The goal of the program is abstinence from triggering food and other mood altering substances and help the client improve the quality of their life.

Some of the things you'll learn:

- How the Disease Affects Your Body, Mind & Relationships
- Guilt, Shame, Self-Esteem, Dealing with Emotions & Setting Boundaries
- Grief and the Stages of Recovery
- How to Shop, Chop and Prep Meals

Assessment

Comprehensive assessments are completed over the phone and often within the client's first call.

For clients presenting with more complex concurrent issues, Renascent will facilitate a mental health assessment with our clinical psychologist.

Components

- Screening & Assessment
- Medical review by a board-certified addiction specialist
- Individual and group counselling
- Education: addiction, relapse prevention, 12-step recovery life skills, coping skills
- Attendance at 12-step meetings

Admission Requirements

- Medical review
- Female – age 16 or over
- Desire to change unhealthy, destructive and potentially life-threatening behaviours

Continuing Care



Why it's Important

Research proves that people are particularly vulnerable to relapse during the first three months following intensive treatment. The challenges of returning to everyday life present significant stressors and it can be difficult to apply the skills learned during intensive treatment without ongoing support.

Continuing Care extends counselling support, peer support and education for following intensive treatment.

Goal

The goal is to maintain abstinence and work through triggers using the 12-step approach, supporting clients in re-establishing sobriety should they relapse.

Program Options

Continuing Care is available to clients on an in-class basis or over the phone (to overcome distance or accommodate shift work). It is also open to clients who have completed intensive treatment elsewhere.

Components

- Weekly sessions of structured curriculum and assignments.
- We welcome referrals from healthcare professionals but they are not required; simply call **1-877-230-2918**.

Family

Why it's Important

Family members and loved ones are not just bystanders in addiction or recovery and need their own recovery process to address the impact of addiction in their own lives. Renascent recognizes that addiction is a family disease – participation of family members, including kids, offers the best chance for personal and family recovery.

By engaging the entire family in recovery, we create an opportunity for families and loved ones to break the cycle of addiction and mental health.

Goal

The goal is to help adult and child family members and loved ones understand addiction in an age-appropriate manner, recognize the impacts, and learn personal recovery skills so they can live healthy lives independent of the recovery status of their loved one.

Components

- Introduction to Family Care for clients age 16 and over (onsite or over the telephone).
- Children's Healthy Coping Skills for kids aged 7 to 13 and at least one active caregiving adult.
- Parenting in Recovery for caregivers of children who've been impacted by addiction.
- Individual counselling for children, teens and adults.
- Intensive Family Codependency Retreat for family members and loved ones who've been impacted by addiction.

Admission Requirements

Interest in learning about addiction and focusing on personal recovery.

Alumni



Why it's Important

Addiction, just like other chronic diseases such as asthma and diabetes, is an irreversible condition that requires lifetime management to prevent relapse. With lower relapse rates than most other chronic conditions, recovery from addiction thrives in the presence of a mutual aid community, education, personal growth activities, and the opportunity to give back.

Goal

The goal is to create a safe, sober community for alumni to grow in recovery, creating opportunities for those with more recovery time to help those with less recovery time.

Components

- Sober learning and social events.
- Service opportunities through alumni committees and meetings.
- Free subscription to weekly recovery email.
- Volunteer roles with three or more months of sobriety.
- Be a contact for someone early in recovery.

Admission Requirements

Activities are open only to all people interested in being part of a strong recovery community.