

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?



Renascent is a national leader in treating substance use disorders. We are proudly accredited by the Canadian Centre for Accreditation, and our multidisciplinary team includes registered psychotherapists, a clinical psychologist, an M.D. certified with the Board of Addiction Medicine, and certified addiction counsellors with lived experience of addiction and long-term recovery.

Our abstinence-based model integrates 12-step facilitation with other best practices in clinical and medical approaches. By addressing the chronic nature of substance use disorders while also recognizing how addiction impacts families, children, loved ones, workplaces, and communities, our holistic approach means we're here for life.

Talk to someone who's been there.

1 877 230 2918

renascent.ca



Renascent™
The road to recovery starts here.

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Email: foodaddiction@renascent.ca

Accredited by
Canadian Centre
for Accreditation

Agréé par
Centre canadien
de l'agrément

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Food Addiction



Renascent™
The road to recovery starts here.

Since 1970 we've helped almost 50,000 people, becoming an accredited national leader in providing hope and healing to individuals, families, loved ones, communities, and organizations impacted by addiction.

We can help you too.

Primary Care

Why it's Important

Renascents 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 lived experience of addiction and long-term recovery, Primary Care offers around-the-clock counselling and support and introduces practical recovery skills.

Goal

The goal of the program is abstinence from triggering foods and other mood-altering substances, and to improve your quality of life.

Some of the things you'll learn:

- How the Disease Affects Your Body, Mind, and 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, Renascents will facilitate a mental health assessment with our clinical psychologist.

Components

- Screening & Assessment
- Medical review by our 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 shows 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 following the intensive treatment period.

Goal

The goal is to maintain abstinence and work through triggers, and 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 often need their own recovery process to address the impact of addiction in their *own* lives. Renascents recognizes that addiction is a family disease. By engaging the entire family in recovery, including children, we create an opportunity for families and loved ones to break the cycle.

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

Substance use disorders, just like other chronic diseases such as asthma and diabetes, require lifetime management to prevent relapse. Healthy relationships and supportive connections within a strong community allow recovery to thrive. Renascents provides our alumni with ongoing education, personal growth activities, and opportunities to give back.

Goal

The goal is to create a healthy, safe community for alumni to grow in their own recovery, while also building the foundations for alumni to support each other.

Components

- Living in Recovery 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 in early recovery.

Admission Requirements

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