



Victoria Wellness

## Mental Health & Addiction Treatment Centre Situated on beautiful Rice Lake, Ontario



**Providers of exemplary care through leading edge and specialized treatments in the field of mental health.**



5316 Rice Lake Scenic Drive  
Gores Landing, ON, K0K 2E0  
Phone : 905-342-5621 | Toll Free : 1-833-569-2155 | Fax: 905-342-1094  
Email : [support@victoriawellness.ca](mailto:support@victoriawellness.ca) | [www.victoriawellness.ca](http://www.victoriawellness.ca)  
Page 1 of 8

## CONGRATULATIONS FOR TAKING THE FIRST STEP

Thank you for considering Victoria Wellness as an option for your recovery journey. We are pleased to present to you our residential facility, our program offerings, the care advantages, and all that you can expect as a client of Victoria Wellness.

Recovery will be a lifelong process and we are honoured that our clients choose Victoria Wellness as a part of their healing journey. At Victoria Wellness, we take an evidence-based psychotherapy *and* holistic approach to mental health and overall wellness. Our program focuses on empowering the whole person: spiritually, mentally, emotionally, and physically.

We provide ample opportunities for you, the client, to gain new skills that will allow you to experience wellness in all areas of your life. We provide a structured and supportive community environment that will encourage you to practice these new skills and we will challenge you to examine and change life-long patterns of thoughts and behaviours that do not support health and well-being.

## OUR MISSION

To provide exemplary care through leading edge and specialized treatments in the field of mental health.

## OUR VISION

We strive to model an all-encompassing approach to recovery. We focus on people as a whole – mind, body, and spirit.

## OUR VALUES

**Recovery** in that each person can enter and experience the journey of healing and transformation.

**Innovation** to improve engagement, integration, and quality of care.

**Collaboration** with each client, recognizing that all people can determine and achieve their goals.

**Compassion** drives our highly skilled team to serve our clients with empathy, respect, and dignity.

**Creativity** in a merge of leading edge, evidence based and holistic care interventions. We are responsive to the changing needs of our clients.

**Acceptance** of everyone's existing struggles and obstacles. We know that people think and feel the way they do for very good reasons.

## WHO WE ARE

Victoria Wellness is a fully private facility with a destination that supports best-in-class mental health and addiction treatment. We offer the most comprehensive, evidence based mental health and addiction treatment, utilizing both right and left brained therapies. We are integrative and holistic, meaning we aim to improve health through a wide variety of interventions that support mind, body and spirit integration.

We have a team of skilled clinicians and practitioners who share a common goal: helping people live healthier, more productive and fulfilling lives. We are guided by the principles of hope, recovery and prevention.

## WHAT WE TREAT

At Victoria Wellness our highly skilled team is prepared to help you with any of the following conditions:

Trauma	PTSD	C-PTSD
Substance Misuse/Addiction	Process Addiction	Treatment Resistant Disorders
Emotion Dysregulation	OCD	Self-Esteem
Behavioural Issues	Suicidal Ideation	Stress
Problem Thoughts	Relationship Issues	Depression
Anxiety	Grief and Loss	Difficult Life Transitions
Impulsivity	Burnout	Supporting Self-Actualization
ADHD and ADD	Dissociative Disorders	and much more...

Once you have filled out the intake form our Clinical Director will contact you for an interview to discuss your situation in detail and help you decide if Victoria Wellness is your best choice for your next step.

## WHY CLIENTS SELECT US

Victoria Wellness is located on the south shore of beautiful Rice Lake, ON. We offer a charming 3-story spacious Victorian Inn style residence that features large private suites each with a private bathroom, many cozy spaces, large open living spaces, and sunroom spaces. Clients are welcome to take advantage of our 4-acre grounds, dock, gazebo and deck area overlooking the lake.

- All our staff is fully trained in their area of skill and expertise and registered with their appropriate governing bodies

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- A unique holistic and eco therapy program designed to build a powerful sense of connection with nature
- We have two Red Seal trained chefs with experience and skill to accommodate dietary restrictions and allergies as required without compromising flavour
- We offer small cohorts (max. ten) ensuring maximum attention and participation for all group members
- We allow your personal cell phones to be kept in your possession with some restrictions (some exceptions may apply on a case-by-case basis)
- We offer a custom designed Reconciliation Labyrinth
- We offer the convenience of a small well-equipped gym on-site for your fitness goals
- Six personal one-on-one sessions with highly qualified certified and/or registered therapists and practitioners every week

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## OUR LEADING EDGE, INNOVATIVE AND EVIDENCE BASED PROGRAM

Victoria Wellness offers a rigorous, disciplined program with a wide variety of topics and approaches. All components of the program are mandatory for all clients, even if they have been previously exposed to the topics being covered.

Clients will receive daily personal schedules and are expected to arrive on time and stay for the duration of each session. Our program includes ample time to rest, enjoy recreational time, quiet time to journal, or just watch some TV with other residents.

We consider both personal and group sessions vital to creating optimum opportunities for exposure to new concepts, successful processing and consistent integration and recovery.

### **Typical daily schedule:**

8:15am	Breakfast
8:45-10:45am	Psycho-educational Group
11:00-12:00am	Trauma-informed Yoga
12:00-12:30pm	Lunch Time & Socialization
12:45-3:00pm	Individual Sessions
3:00-3:45pm	Group Recreation Time
4:00-5:00pm	Psycho-educational Group
5:00-6pm	Dinner Time, Socialization, Prep for evening group
6:00-8pm	Holistic Educational Group

**Note:** This schedule can be subject to change as research and best practices evolve.

### **In addition to the daily program above, the following sessions are offered weekly:**

- One mental health counselling session per week
- One energy and relaxation massage therapy session per week
- Two hours of psychotherapy sessions per week (Intensive streams could result in longer sessions)
- One Reiki session per week
- One neurofeedback session per week

## PROGRAM TYPES AND PRICING

Program Type	Duration	Price
Basic	Four Weeks	\$26,400
<b>Recommended</b>	<b>Six Weeks</b>	<b>\$39,600</b>
Ketamine Assisted Psychotherapy	Six Weeks	\$53,000
Intensive Cognitive Processing Therapy (CPT)	Eight Weeks	\$52,800

We recommend the 6-week program for most clients as it's been demonstrated to produce the best results. However, we do understand that people may have busy lives, families, work, and financial constraints. Clients can start with a 4 week program and extend their stay week by week at an additional fee of \$6,600/week. We are happy to discuss your options with you.

Please note that these prices are inclusive of applicable taxes. There are no other additional charges.

## MEDICAL SERVICES

We offer our clients a healthy, stable environment in which to heal by supporting them with a full-time nurse, on-site registered counsellors and psychotherapists. We can help facilitate appointments with your family doctor and will access local hospital services as required for emergency situations. All clients should come prepared with all their personal prescribed medications and supplements for the duration of their stay.

With courtesy for in house residents, we hope our new clients come into therapy sober and ready to participate fully in their program. We are not a medical detox facility.

## POST PROGRAM CARE

After you go home, our support continues. You will have one follow-up appointment with your primary psychotherapist a month after your discharge, one follow-up with your primary counsellor two weeks after you get home and one with a holistic counsellor three weeks after you leave.

You will also receive access to a life-long weekly peer support group via Zoom conducted by our Director of Holistic Wellness.

## LET'S START YOUR HEALING JOURNEY

We hope we have provided you with the answers to any questions you may have about Victoria Wellness. If this information leaves you with any additional questions, we are always ready and available to connect with you.

Call us at any time toll free at 1-833-569-2155 or 905-342-5621 or email us at [support@victoriawellness.ca](mailto:support@victoriawellness.ca). We look forward to supporting you through your healing journey.