



Foothills Centre

Our Facility

Foothills Centre is a medically supported adult detoxification facility located in southern Alberta.

We are dedicated to providing an environment in which clients may safely withdraw from substance abuse.

Our Values

We value people, we believe in their ability to be successful and treat them with respect.

We value individuals, families and communities as partners in addressing addiction issues.

We value our staff, and their knowledge, skills, initiatives and capabilities.



Let's Connect

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FOOTHILLS
CENTRE

www.foothillscentre.ca

Foothills

Detox
Centre

Foothills Alcohol Action Society

The Foothills Centre is governed by the Foothills Alcohol Action Society, a non-profit, charitable society incorporated under the Society Act of Alberta, and is funded by Alberta Health Services, Addictions and Mental Health.

Vision Statement

To assist individuals and families with addiction related problems and encourage healthier lifestyles.

What We Do

- provide current information on alcohol, substance, and/or gambling addictions
- provide support and safety during the detox process
- assist clients to achieve freedom from the harmful effects of alcohol and substance use
- prepare them for further treatment, or reintegration into society

Mission Statement

Empowering individuals and families affected by addiction with the courage to initiate positive change.



Detox Program Admission Criteria

- Clients must require detoxification from alcohol and/or other drugs.
- A phone interview with our staff is required before all admissions.
- Attendance of scheduled self-help meetings.
- Attendance of daily group sessions.
- Abide by resident requirements.

Our Program

The Detox Program introduces information on substance abuse in a group setting on a daily basis. Factual information is presented through videos and group sessions. Group sessions are designed to assist the client to understand the process of addictions, first steps into recovery, and preparation for treatment.

While at Foothills Centre, clients will have access to the Program Manager for referral to further treatment or discussion on any issues they have. Clients are also assisted with discharge planning, relapse prevention, and support resources.

Other Services

Short term relapse services are available to those feeling at risk.

This service is for people who have had some length of sobriety or non use but are feeling vulnerable to relapse. A two or three day stay is usually enough to help a person refocus on their recovery.

Individuals may also utilize our services for a pre-treatment five day stay before attending a residential treatment program. This service must be booked in advance.

Support Services are available on an out-patient basis. Past clients or community members may attend group lectures upon request. We also provide, by appointment, support and information to family members going through crisis within their family unit.

Closed, 12- step meetings are available for members. Please phone for schedule.

