

How we help

Those struggling may have been to other drug and alcohol rehabs, only to drink and retake drugs sometime after returning home. Many people can stop using drugs and alcohol for some time; **the challenge for most people is staying that way.**

Using Twelve Step Facilitation – proven to be the most successful approach to bring about lasting recovery – The Sydney Retreat provides a safe, supportive and structured environment for guests to work through our 28-Day Program.

Our program has three core pillars.

We help guests:

- Understand the nature of addiction
- Learn the proven tools for recovery
- Connect with a recovery network for ongoing support

Based on a proven model

The Sydney Retreat program is based entirely on the highly successful recovery program run by The Retreat in Minneapolis, USA.

The Retreat in Minneapolis has been operational since 1991, and its success rate far exceeds that of any other public or private alcohol and drug rehabilitation program anywhere in the world.

From our most recent survey, 59% were clean and sober on the day we called. All had achieved results and a level of improvement in their lives that they never imagined possible.

Our approach at **The Sydney Retreat** is to surround our guests with people who have strong recovery from alcoholism and drug addiction as a result of the 12 Steps, and a desire to help others achieve sobriety.

You will not be left out in the cold when you finish your stay. Instead, you will have become part of a continuous chain of care within the recovery community.

Scholarship programs available.



the sydney retreat

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**There is hope.
We can help.**

the sydney retreat

A private residential drug and alcohol rehab in Sydney's Inner West.





What we offer

Through our program, we provide a very supportive environment using people who have experienced the same problems and recovered. We show you how you can use the same methods they used and how you can lead a rich and fulfilling life.

Frequently asked questions

Who can apply for admission?

We assist adults (18 and above) who know they have a problem with alcohol and/or drug dependency, are motivated to recover and are physically and psychologically stable.

Do guests need to have detoxed before admission?

The Sydney Retreat welcomes people who have already detoxed from alcohol or drugs. Our program is not a substitute for psychotherapy, medical treatment or detoxification.

How long do people stay?

We have a 28 day residential program.

How big is our facility?

The Sydney Retreat has 20 beds, including full disability-accessible rooms.

How much does the program cost?

The program fee is **\$11,950** (inc gst), which covers all costs for 28 days.

A life changing centre..



The Sydney Retreat is more than just a wonderful treatment centre, but a life changing centre. The Sydney Retreat's program literally saved my life when I had nothing left.

John



Your next step

Contact us

 **02 9171 2920**

Our website has more information, testimonials and details on our program

 **thesydneyretreat.org.au**