

Addiction & Mental Health Services: SHUNDA CREEK

Enviros Shunda Creek provides addiction treatment for young adult males 18-24 years of age by providing intensive adventure based wilderness programming.

The 12-week voluntary program addresses substance abuse issues that require residential treatment and support in an isolated environment. Shunda Creek is a 10-bed wilderness based residential program provided in partnership with Alberta Health Services (AHS) and funded by AHS at no cost to clients.

The program is located west of Rocky Mountain House situated at the base of the Brazeau and Shunda Mountain ranges. We are an addiction treatment program first and foremost and believe that you are here to work on developing new skills to assist you in your addiction recovery and developing a life practice that will support you in living clean and sober.

Treatment Groups

Treatment group happens daily. Group happens not only in the group room, but as well on trail, at the end of a canoe trip, on a summit or a bike trip destination. A variety of topics and information is covered during your 12 weeks at Shunda Creek. Group is a critical part of treatment and participation is mandatory.

Wilderness Activities

At Shunda Creek we incorporate wilderness in our treatment program. We camp all year round and get to our destinations by canoe, bike or hiking. Treatment is woven into everything we do and there is intention in all trip plans and activities.

Participation on trips is mandatory but be assured that we engage in safe risk and plan trips in partnership with you that

are therapeutic in nature and enjoyable. Our staff who lead trips are qualified to do so and are well experienced in the areas we explore.

We provide quarterly family therapy weekends as well as ongoing support, to the extent requested, to assist in supporting healthy communication and reconciliation with your family.

If you or someone you know is interested in attending treatment at Shunda Creek please contact your nearest Alberta Health Services, Addiction, and Mental Health services for adults to book an appointment. For further information, please contact AHS in Red Deer (4920 – 51st Street) at 403.340.5466.

Funded / Accessed by:

Alberta Health Services (AHS).

Our Vision at Shunda Creek

“Instill an intentional shift and movement towards a new way of life; leading to personal growth, lasting sobriety and an awakening to one’s spirit to find purpose in life.” “Young men are empowered to find their own truth as they move through their addiction recovery journey.”



ENVIROS

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