

DO YOU NEED HELP?

FREE ALCOHOL AND DRUG TREATMENT IS AVAILABLE

AT CITY OF CAPE TOWN'S COMMUNITY
BASED ALCOHOL AND DRUG TREATMENT
SITES (not operated by the
Matrix® Institute on Addictions, LA)

based at

ALBOW GARDENS MATRIX® SITE

ALBOW GARDENS COMMUNITY HEALTH CENTRE
Koeberg Road, Brooklyn
Tel: 021 444 5963 / 4

DELFT SOUTH MATRIX® SITE

DELFT SOUTH COMMUNITY HEALTH CENTRE
Cnr Boyce Street and Delft Main Road, Delft South
Tel: 021 444 8444 / 5 / 6

EERSTERIVIER MATRIX® SITE

EERSTERIVER CLINIC
Bobs Way, Eersteriver
Tel: 021 444 7147

PARKWOOD MATRIX® SITE

PARKWOOD CLINIC
Cnr Walmer Rd and Parkwood Ave, Parkwood
Tel: 021 444 4212 / 3

RUIIMTE ROAD MATRIX® SITE

MANENBERG RUIIMTE ROAD SATELLITE CLINIC
Ruimte Road, Manenberg
Tel: 021 444 3539 / 40 / 41

SCOTSDENE MATRIX® SITE

Scottsdene Clinic
Eoan Street, Scottsdene, Kraaifontein
021 444 8777 / 497 / 518

TAFELSIG MATRIX® SITE

TAFELSIG COMMUNITY HEALTH CENTRE
Cnr Kilimanjaro and Pyreneze streets, Tafelsig, Mitchells Plain
Tel: 021 444 4464

TOWN 2 MATRIX® SITE

KHAYELITSHA TOWN 2 COMMUNITY HEALTH CENTRE
Cnr Japhta Masemola and Charles Mokoena Streets, Town 2, Khayelitsha
Tel: 021 444 2919 / 20 / 21

THE FOLLOWING ARE SAYINGS THAT HELP PEOPLE IN RECOVERY:

- **One day at a time**
Just focus on staying drug free today
- **Turn it over**
Let go of problems you do not need to focus on now
- **Keep it simple**
Keep recovery simple, don't complicate it
- **Take what you need and leave the rest**
Focus on what is helpful for you
- **Bring your body and the mind will follow**
Attend treatment and meetings, even if it takes a while for you to be comfortable
- **Be smart, not strong**
Recovery is about staying away from relapse situations and not about being strong (testing yourself)

"This programme has given me a chance to live life free of drugs and alcohol. I have hope today for a better future."

- Quote from a past client

"If it was not for this programme I would not have found the tools to make the changes I so desperately needed to."

- Quote from a past client

"Placing alcohol/drug treatment in a healthcare setting is a futuristic model that can be replicated around the world"

- Jeanne Obert, co-founder of Matrix

The City's Community based Alcohol and Drug Treatment Sites utilise the Matrix Model™ for intensive outpatient treatment

The Matrix Model™ is an evidence-based programme that has been implemented in a number of countries world-wide

**For further assistance or information,
please contact the treatment sites or log onto
<http://www.capetown.gov.za>**



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Making progress possible. Together.