



WOMEN'S TREATMENT PROGRAM

Find addiction treatment help
today at **Gaudenzia!**

833.647.0719

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Women struggling with drug and alcohol addiction benefit from a customized treatment program designed to meet their needs. Whether you are alone or have ample support, a women's treatment program like ours at **Gaudenzia** can provide you with the resources and tools you need to turn the page and start on the path toward recovery. Your **addiction treatment program** needs are unique. Our team can offer the comprehensive support you need.



Why Is a Women's Rehab Program Best for You?

There are several critical benefits to enrolling in a drug and alcohol treatment program designed just for women. At Gaudenzia, we have found that many women do best when they are in a women's treatment program. Our women's and men's **treatment programs** are designed to provide for your unique needs.

What Is a Women's Treatment Program?

A women's rehab program means you'll live with, work with, and heal with other women going through similar struggles. Some people believe in fundamental differences in the brains of women and men. For many women, being around other women in a secure environment helps them feel safe and comfortable.

What Is Different about a Women's Treatment Program?

Our women's rehab program is designed to provide you with space where you feel safe that is also drug-free. Here, you will work hand-in-hand with our team to learn about your disease and how to overcome it. It takes a concentrated effort to help you excel.

Our women's treatment center helps to reduce distractions from men. It allows you to open up to women who may share some of the same experiences as you have had. It may also help you to find friends you feel comfortable confiding in. Our goal is to help you to feel more welcome and open here so that your treatment can be fulfilling and effective.

Drug abuse impacts women in devastating numbers. The National Institute on Drug Abuse reports 8.4 million women over the age of 18 have misused prescriptions in the last year.

Care for Pregnant Women Is Available to You

One of the more unique components of the women's treatment program we offer is that we understand your needs as a pregnant woman. At this point in your life, you may be struggling with how to get clean to protect your unborn child's health. You may not have any idea what your next step is, or you may know exactly what you want from the rest of your life. Our goal is to help you to gain mental clarity to make that possible.

For pregnant women, it becomes very important for you to find the right type of space for your

needs. This may include a space that is free from threats, harm, or drugs. You may also need to work to break your dependency so that your baby's health is maintained. Quite often, women are told to just stop using – it's not that easy. That is why we offer support for you as you detox and start on the recovery journey. We also offer support for your child to ensure his or her needs are also met throughout this process.

Some of our **inpatient treatment programs** are designed just for women who are pregnant. This allows you to have a specific place to recover where everyone else is also working on the same challenges you are. That means more sharing, understanding, and openness.

Care for Women with Children

In addition to providing help for pregnant women, we also offer women's treatment centers designed for women who have young children. You may want to get clean and start a brand new life, but you may not be willing or able to leave your children at home while you do it. That's okay – we can help you. We offer a range of treatment programs and opportunities that can provide you with the support you need as you get sober while caring for your child.

Our women with children's services are also very safe. You will find that your privacy is protected every step of the way. We have special facilities designed just for women with children who need supportive help and guidance while they get healthy. When you enroll in these services, you can expect to find a compassionate team ready to work closely with you to achieve any goal you have.

What Types of Drug and Alcohol Services Are Available to You?

Our women's treatment centers are comprehensive. We aim to provide our Delaware, Maryland, Pennsylvania, and DC clients with access to the very best level of care through comprehensive support. If you are using drugs or alcohol right now, we encourage you to reach out to us today to learn more about how we can help you. We work with most women facing a wide range of challenges. Consider some of the **recovery support services** we offer.

» Women's Detox Services

Many people start with a **detox treatment program**. Women's detox services are designed to provide you with the ability to break the dependency you have towards drugs or alcohol. You may benefit from detox if you are using drugs right now and have been unable to stop. If you have a long history with drug use, you may also benefit from this type of support. We also work with many clients who are using very addictive substances that make it nearly impossible to stop using on their own.

Our women's treatment program incorporates detox for those who need it. This is an opportunity for you to simply stop using without having to struggle with withdrawals or cravings. In addition to this, our detox services can help to monitor your health while also managing your child's, if you are pregnant.

» Residential Treatment Programs

Our team of skilled professionals also offers short-term rehab (with longer-term programs available as well). This is an opportunity for you

to step into drug treatment and learn about your disease. You will learn how to control your thoughts to minimize the risk that you will start using again.

Our **residential treatment program** for women is designed to be a home-like experience where you will work with your team during individual and group therapy sessions. We provide for many of your needs during this time, including offering some of the most effective drug and alcohol treatment programs such as:

- **Co-occurring diagnosis treatment**
- **Cognitive-behavioral therapy**
- **Dialectical behavior therapy**
- **Holistic treatment programs**
- **Individual therapy programs**
- **Group therapy programs**

While you are living with us, you will learn how to create a new future for yourself. Our team teaches you how to overcome the struggles you have, whether that is due to the criminal justice system's requirements or through your own goals.

» **Outpatient Therapy Services**

We also offer an intensive outpatient treatment program and other forms of outpatient therapy to those who need it. This is a treatment program designed to provide you with the reassurance you need to overcome your addiction. You will live at home while you obtain these services. However, you will receive treatment numerous times a week for a number of hours each day. This type of intensive therapy is designed to give you the tools and support you need. These programs are also women-specific for your benefit.



What Substances Do We Treat at Our Women's Treatment Centers?

No matter what you are facing right now, our team is available to help you. We work with people who have a wide range of health conditions from drug and alcohol use. If you are ready to make a change and achieve the health you desire, we encourage you to reach out to our team today. We offer treatment for most types of drugs, including:

- **Opioid drug treatment**
- **Heroin drug treatment**
- **Fentanyl drug treatment**
- **Alcohol drug treatment**
- **Meth drug treatment**

Even if you think you can control your health outcome, our team can give you the tools and resources for getting help. We encourage you to reach out to us today to learn more about our women's treatment program options.

Can You Benefit from Our Women's Rehab Program?

You may not be sure if you should invest in drug and alcohol treatment. Is this something you need? Ask yourself whether or not what you have been doing now is what you want to keep happening for years to come. When you are ready for a change and want to reclaim your life and your future, you need a team to help you.

At Gaudenzia, we are here to provide you with the women's treatment program that can comprehensively change your life. It all starts with reaching out to us.

Take a Moment Right Now to Find the Help You Need at Gaudenzia

There is a women's treatment program that can help you. If you are struggling with drugs and alcohol and just want to find a way to stop what's happening to you, reach out to our counselors' trusted team. At Gaudenzia, we are here to support you within our women's treatment centers serving Pennsylvania, Delaware, Maryland, and the DC area. Call **833.647.0719** to learn more.



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