



LIBERTYHOME

Welcome

At Liberty Home, we truly comprehend the significance of acceptance as we have embarked on the recovery journey ourselves, supported by a professional team. Isolation fuels addiction and mental disorders, but through collective effort in our secure and nurturing family environment, Liberty Home, we conquer these challenges. With open arms, we invite you to join our home and explore this pamphlet, knowing that you are not alone in overcoming behavioral struggles. Together, we will guide you towards a transformative path to a new way of life.



www.libertyhome.co.za • www.libertyhome.be

Together, we Overcome

Our Values

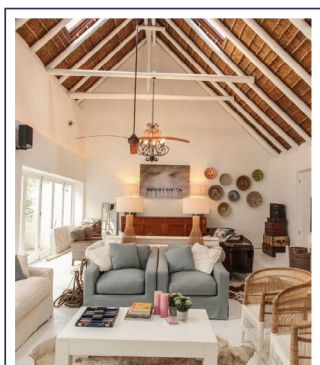
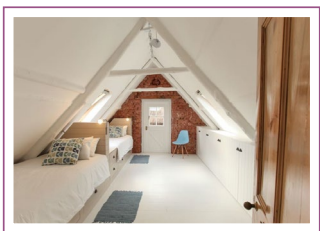
Experience the difference at Liberty Home, where we redefine secondary reintegration care and recovery. Unlike traditional clinics, we provide a safe and nurturing family environment in tranquil halfway homes located in Lakeside, Cape Town, and Kortrijk, Belgium. Our dedicated team of experienced professionals, who have their own journey with addiction and mental health disorders, is always there to support you.

Our goal is twofold: to prepare you for a clean and serene life and to achieve sustainable long-term results. We begin by eliminating denial and then tailor a reintegration plan that optimizes your chances of achieving a full recovery. At Liberty Home, we are committed to guiding you towards a brighter future.

Home

Finding solace and support is crucial when battling substance abuse or a mental health disorder. Our sanctuary at Liberty Home, built on a foundation of familial warmth, counters the isolating feelings of being misunderstood and lonely. Here, you are empowered and encouraged to take responsibility for your daily life while fostering respect and togetherness among peers. From group activities and outings to everyday tasks like cooking and chores, Secondary Reintegration Care thrives on collective engagement.

At Liberty Home, we steer clear of rigid recovery approaches. Instead, we prioritize teaching, guiding, and leading by example.



Individual Therapy

Liberty Home offers highly effective, personalized therapy for lasting recovery. With a dedicated team and community, our program combines primary care services and a comprehensive Secondary Reintegration Care program to provide enduring support. Our therapists create a safe and compassionate space, addressing individual needs and helping clients develop healthy coping mechanisms. The program facilitates a successful transition back into daily life, equipping clients with essential tools for long-term recovery.

Liberty Home is dedicated to providing end-to-end treatment solutions for individuals seeking recovery from mental health and addiction challenges. We offer a comprehensive range of services, including access to partner clinics throughout South Africa, as well as our own up-market secondary care facilities located in Cape Town, South Africa, and Kortrijk, Belgium.

At Liberty Home, our primary focus is on reintegration. We recognize that unhealthy coping mechanisms do not develop overnight, and therefore, the healing process cannot be rushed. By allowing our clients to navigate life on their own terms, we gain a holistic understanding of their behaviors and trigger points. This enables our team to guide and assist them effectively, equipping them with practical tools for long-term sustainable results.

Our approach is rooted in empathy and a deep commitment to our clients' well-being. We believe that true healing requires a comprehensive understanding of each individual's unique journey. Through personalized care and evidence-based techniques, we empower our clients to overcome challenges, build resilience, and achieve lasting recovery.

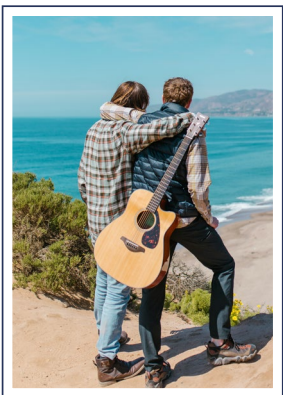
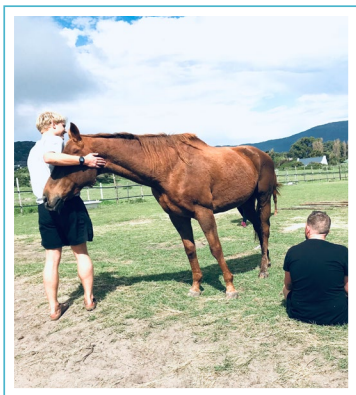


Empowerment through Service & Volunteering

A Vital Component of Recovery!

At Liberty Home, service and volunteering are integral to the recovery process. Through selfless acts, we retain our personal growth. Liberty Home collaborates with various organizations, forming impactful partnerships. Our residents have diverse opportunities to engage in community-driven initiatives like golf days and fundraisers. These experiences are fulfilling and foster support from peers who understand addiction and mental health challenges.

By embracing selflessness, we gain valuable insights and contribute positively to those in need. Through service, we transform ourselves while making a meaningful impact on our communities. Join Liberty Home to embark on a path of recovery that extends beyond personal healing. Together, we can shape a future rooted in compassion, support, and service.



Therapeutic Activities

Reintegration Care

- Accommodation
- Serenity
- Breakfast & Supper
- Therapeutic Duties & Cooking
- Random Drug & Alcohol Testing (+Random Room Search)
- 1-1 Sessions With Designated Counsellor (*Extra Session Involves an Extra Cost)
- 12-Step Program & Meetings (+Supervision with Recovery Assistant)
- Compulsory Braai Followed by Indoor Life Story
- Nutritionist Once/Week + Meal Plan (Melanie Harris) (*Extra Cost Incolved)
- Community Groups
- Goals Group & Topic
- Relapse Prevention Group
- 1 Powerless & Damages Group
- 1 Physical Activity
- Personal Trainer (On Request - *Extra Cost Incolved)
- Full Access to WiFi

Mindful Living

- Accommodation
- Serenity
- Breakfast & Supper
- Therapeutic Duties & Cooking
- Random Drug & Alcohol Testing (+Random Room Search)
- Community Group
- Relapse Prevention Group
- 12-Step Program & Meetings (+Supervision with Recovery Assistant)
- Compulsory Braai Followed by Indoor Life Story
- Full Access to WiFi

Leisure activities

- Volunteer Work: Serving Dining Rooms & Beach Clean
- Outdoor Activities (Hiking, Surfing, City Tours...)

Comprehensive Treatment for Mental Health and Addiction at Liberty Home



Contact Us

Our Locations



South African Office:

Tel: +27(0) 21 300 3455
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Belgian Office:

Tel: +32(0) 9 313 3007
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U.K. Office:

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