



the coretrust

where change happens

abstinence based
drug and alcohol
treatment

Who We Are

The Core Trust has over 25 years of experience in providing a range of quality and innovative services. At Core clients will receive a level of treatment which meets their physical, emotional and practical needs, delivered by an experienced team of qualified psychotherapists and counsellors with specialist addiction skills.



Our Approach

Our approach encompasses:

- Inclusive individual care plans
- Weekly contact with care management teams
- Full comprehensive client reviews
- Representation at relevant case conferences

Clients receive a bespoke service that meets their specific needs. Each individual will have a dedicated case coordinator, client support worker, and individual therapist.



Day Programme

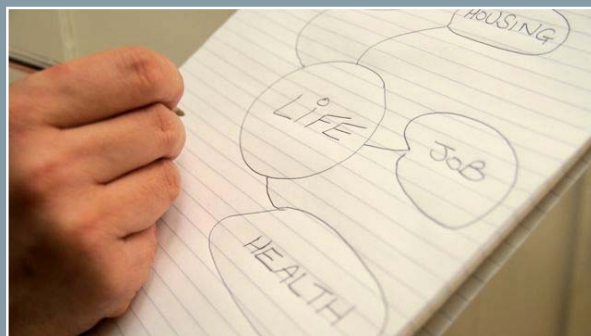
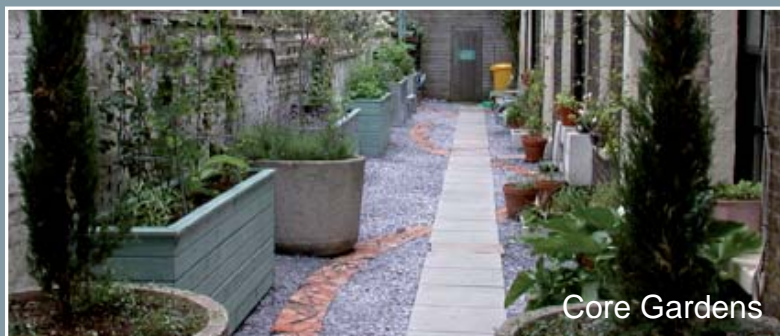
Our innovative Day Programme offers the opportunity of lasting change to those looking for abstinence.

The Day Programme provides:

- Cognitive groups
- Therapeutic groups
- Life skills groups - IT, debt and anger management, access to education and employment, health and nutrition advice
- 1-2-1 psychotherapy and acupuncture
- Meditation and relaxation
- Family therapy
- Parenting skills
- Relapse prevention

Our services enable clients to:

- Be drug and alcohol free
- Understand why they have used drink and drugs to excess
- Know their triggers
- Develop systems for dealing with stress
- Gain skills for dealing with cravings
- Have better general health
- Improve family relationships
- Tackle practical problems affecting their life
- Have a support structure for leaving



A Service Built on Success

In an average year a significant percentage of our clients radically change their lives for the better.

86%

of clients who receive more than one treatment block complete the Day Programme drug and alcohol free

93%

successfully complete AfterCare

99%

successfully complete AfterCare after two treatment blocks

What Care Managers say:

“Core provides a 5-star service”

“our clients love Core”

“warm and approachable”

“the team are quick and responsive”

AfterCare

Here clients can receive group and 1-2-1 counselling / psychotherapy and complementary therapies as well as family interventions. This programme can support individuals who have completed their initial treatment and need continued support to help maintain their progress.

CoreKids

The Core Trust provides a groundbreaking children and families service, CoreKids, which has a range of unique interventions offered by no other comparable agency. 80% of CoreKids clients successfully complete treatment.

CoreKids provides:

- Parenting groups
- Play therapy
- Family therapy
- 1-2-1 parenting support



Private Counselling

Call us on 020 7258 3031 to find out more about our non 12-step service and programmes. Come and see us for a **free** and **confidential** assessment to explore the extent of your problem and agree the best course of action.

We offer services that are:

- **discreet** - we are an independent service and we guarantee confidentiality
- **bespoke** - we offer you a range of services which are tailored to your requirements and lifestyle
- **quality** - we have 25 years' experience of helping people with addictions achieve great results and make changes that last
- **competitively priced** - an affordable option compared with other addiction programmes
- **flexible** - our non-residential services will fit into your daily routine
- **safe** - our Lisson Grove premises provide a safe, discreet and friendly environment to work through your alcohol or drug problem

Support for Family and Friends

We understand the strain and distress involved when supporting someone with an alcohol or drug problem. If you are a family member or friend of someone directly affected by addiction, our counselling service will:

- support you at a difficult time
- enable you to recognise your own needs
- develop healthier communication
- improve relationships



Where to Find Us

We are one minute from Marylebone Station
Five minutes from Baker Street




The Core Trust
Lisson Cottages
35a Lisson Grove
London
NW1 6UD

Call now to book an assessment

Tel: 020 7258 3031

Email: info@coretrust.org

www.coretrust.co.uk

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