



Recovery Center
 *for Women*
OF THE PALM BEACHES

888.302.5580
helpforwomen.com

Addiction and Trauma Treatment Exclusively for Women

The Recovery Center for Women provides expert and compassionate treatment to women suffering with addiction, trauma and other mental disorders. Combining proven clinical methodology with a diverse range of specialized therapies, we offer a holistic approach to treatment in a safe, comfortable and discrete South Florida environment. Our program helps rebuild women's confidence and independence while helping them overcome their addiction to drugs or alcohol. The Recovery Center for Women gives patients the tools they need to access their internal voice so they can develop the strength to avoid relapse and successfully rejoin their loved ones.







The Recovery Center for Women is mindful of the role that environment plays in the treatment and recovery process. We provide our patients with comfortable and inviting accommodations while they're in our care. Residents stay in clean, comfortable living spaces and enjoy freshly prepared meals and 24-hour onsite security. Our campus offers beautiful views complete with a private gazebo, fountain and a beautifully landscaped common area.

A vibrant tropical garden scene. In the foreground, a well-manicured green lawn is partially covered by long, dark shadows cast by palm fronds from the top of the frame. To the left, a white wooden gazebo with a red roof stands on a small patch of grass. In the middle ground, a dense row of green hedges runs across the frame. Behind the hedges, several palm trees of various sizes are scattered throughout. In the background, a large, single-story building with a red-tiled roof and light-colored walls is visible, partially obscured by the foliage. The sky is a clear, bright blue with a few wispy white clouds. The overall atmosphere is peaceful and well-maintained.

*Quality Care in a Comfortable
South Florida Environment*

Building Trust and Confidence through Treatment

Our treatment process focuses on helping women overcome their trauma and successfully manage their mental illness. After an intensive evaluation process, patients are assigned a primary therapist and undergo a customized course of treatment. We offer a diverse range of treatment programs, including: Trauma, Eating Disorder, Anger Management and Chronic Pain. Through a combination of group and one-on-one counseling, and specialized recreational therapies, patients learn trust, gain personal strength and acquire the tools to successfully manage their mental disorder without relapsing.





A close-up photograph of a pink hibiscus flower, showing the delicate texture of its petals and the vibrant red center. The background is a soft, out-of-focus green, suggesting foliage. The lighting is natural, highlighting the subtle variations in the pink color of the petals.

*Safe, Medically
Managed Detoxification*



We address the medical aspects of addiction with professional, thorough and compassionate detoxification. Under the supervision of experienced detox professionals, patients will cleanse their systems of the toxins that have accumulated in the body through prolonged substance abuse, in order to begin their treatment with renewed energy. Our trained experts make every effort to maintain patients' comfort and mitigate the severity of withdrawal symptoms during the detox process. We understand that detox can be one of the biggest initial hurdles in the pursuit of recovery, and treat each patient with compassion and sensitivity during the process.



*Modern and Innovative
Treatment Therapies*



In addition to the traditional elements of treatment, The Recovery Center for Women incorporates a wide range of proven specialized therapies into our treatment, including:

- Acupuncture
- Cognitive Behavioral Therapy
- Experiential Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Family of Origin Therapy
- Fitness
- Nutritional Counseling
- Spiritual Therapy



A woman in a white t-shirt is shown from the side, looking out at a bright blue sky with scattered white clouds. The background is a soft-focus landscape with green foliage. The right side of the image features a large, curved yellow graphic overlay with faint, stylized human figures in a similar yellow color.

Post-Treatment Support and Assistance

The transition from treatment back into everyday life can, at first, be scary and difficult to manage. This is why The Recovery Center for Women provides patients with a clear and easily navigable roadmap to sustained recovery. Each patient leaves with an individualized 12-month recovery plan, as well as referrals to support groups in their area and, whenever necessary, contact information for an extended care facility. By the time our patients leave The Recovery Center for Women, they will have the tools they need to maintain sobriety and balanced mental health.

A Hero's Journey Program

The Recovery Center for Women offers a 5-day specialized program toward the conclusion of treatment that reinforces the tenets of patients' programs. When patients are deemed eligible by their primary therapist, they move to a separate residence on our campus where they live for five days under the guidance and supervision of our treatment experts, bond with fellow participants and further prepare themselves to manage the traumatic circumstances that contributed to their substance abuse. Some of the issues addressed in the Hero's Journey program include abuse and family origin issues, anger, depression, anxiety, codependency and toxic relationships. Patients experience a variety of therapies, including psychodrama, meditation, experiential techniques and relationship skill-building. The Hero's Journey program is only offered to eligible patients.





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A Behavioral Health of the Palm Beaches Facility

