

### ADMISSION REQUIREMENTS

Participants need to conduct a personal interview with a panel of the board of Helderberg Omgee before admission. The assessment also determines whether the candidate is in good health.

Participants will be responsible for clothing, toiletries, medication (where applicable) and a pair of running/walking shoes in a good condition.



BETTER TOGETHER.

Registration Number 15/10/3/4/2-28/2017

### ABOUT THE PROGRAM...

The program has been developed by Helderberg Omgee, assisted by a life coach, counsellors and people in recovery. It consists of clear goals, training programmes, motivational support, social functions and a follow up support structure.

The program is designed to achieve progressive results over a period of sixteen weeks. Individual and unique personal characteristics of participants are determined to achieve maximum results.

Taking participants out of their comfort zones, guiding them into their stretch zones and challenging them with their panic zones, open up a new world of discovery and personal focus. Personal & group goals are established and evaluation of results are recorded on a weekly basis.

The results which are outcomes based after sixteen weeks, will aim to ensure that people in recovery achieve a state of mind and physical capable body to embrace the philosophy of "failure is not an option". Secure accommodation and balanced meals are part of the program.



SOMERSET WEST  
Western Cape

### E.A.G.L.E

Re-Integration and  
After Care Program

Energy - Action - Goals - Life - Education

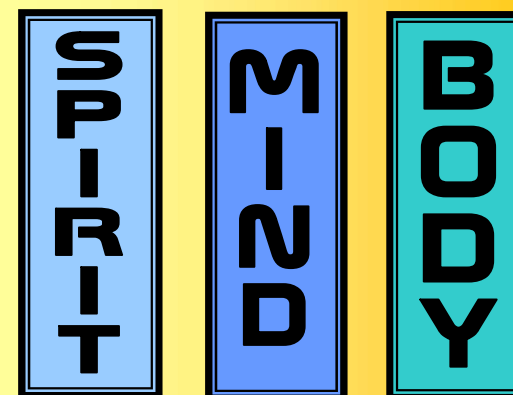


### THE PHILOSOPHY...

The E.A.G.L.E program focus on the holistic approach towards recovery from substance abuse.

Helderberg Omgee has developed this intensive sixteen week multi dimensional model to maximize potential for long term and sustainable recovery from substance abuse

### THREE PILLAR APPROACH



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# FOCAL AREAS

## SPIRIT

Helderberg Omgee is a Christian based organization with much emphasis on spiritual growth. Residents are therefore encouraged to participate in spiritual activities which consist of:

- Weekly church services
- Celebrate Recovery program
- Morning in-house devotions
- Weekly Bible studies
- Spiritual workshops

## MIND

This aspect of recovery is also perceived as vital for long term results and includes the following:

- Personal and group counseling sessions
- Personal time for reflection
- Book readings and library sessions
- Motivational talks and videos
- Life skills workshops
- Personality Profile Analysis
- Training/Assistance with job opportunities

## BODY

It is well known that a healthy body supports a healthy mind. The third pillar concentrates on physical activity. This includes the following:

- Gardening, projects & maintenance
- Hiking & cycling trials have been identified in and around the Helderberg where residents explore day excursions
- Beach walks & swimming
- Indoor/outdoor sport (cricket, table tennis, beach volley ball)
- General fitness programs

Communication  
Life Skills  
Time management  
Coping with the real world  
Group Projects  
Assignments  
Personal hygiene  
Emotional health  
Outdoor learning



## ORIENTATION

People in recovery who join Helderberg Omgee participate in the E.A.G.L.E Program and the guidelines are explained during the enquiry process. It is necessary that residents receive a clear overview of the aims and goals to be achieved during the program.

## CREDIT POINTS

Each week consists of activities in which the group participates to determine progress. It is structured in such a way that activities carry a pre-determined weight in credits. It is expected that residents participate in these activities and achieve the required credits. When the ultimate required points have been acquired (16 weeks), residents receive acknowledgement of completion.

## WHO WILL BENEFIT FROM THE PROGRAM?

The program was developed for people over the age of 18 years, who have completed a primary care program at a rehabilitation centre. However, it will also benefit people who are serious about their recovery but have not been in a primary care facility.

## WHEN DO PROGRAMMES COMMENCE?

Programs start on Monday mornings at 9.00. Although the duration of a program is 16 weeks, it is structured in such way that a participant may start on any given week.

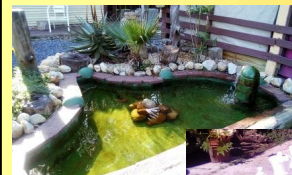
## FACILITIES



Helderberg Omgee



## ACCOMMODATION



## LEISURE



Spiritual Growth



Workshops

## FAILURE IS NO OPTION

