

PROGRAM ACTIVITIES

- Individual and group therapy
- Daily psycho-education and skills group
- Trauma/recovery and safety groups
- Health and wellness groups
- Linkages to Peer leadership, volunteer, education, employment, and transitional financial support
- On-site yoga, mindfulness, and stress reduction activities
- Expressive arts program
- Family education and support
- Aftercare planning
- Follow-up support and linkages to Recovery Coaches



CONTACT US

Gándara Center Cornerstone Recovery Program

Ware, MA

413-758-4050

Fax: 413-277-0240



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CORNERSTONE RECOVERY PROGRAM

*Residential drug and alcohol
treatment and recovery support for
transition age youth and
young adult women*

ABOUT US

Gándara's programs use a wrap-around framework treatment model to fully understand youth and family needs that is family/youth driven, sensitive to cultural and language practices, and builds on participants' strengths and resources to support recovery and well-being.

Treatment content is driven by the participant with the help of staff and family/community supports. Length of stay is based on individual needs.

Services are provided in a residential setting located in Ware, Massachusetts and is conveniently located near public services and transportation.



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Participants live in a structured milieu that reinforces a culture of recovery and well-being, self-help skills, and activities that promote self-esteem, coping skills, leadership skills, and social connections with family, peers and community supports. Treatment addresses drug/alcohol use and associated problems, and challenges and obstacles that prevent young people from living successfully in the community.



„The stone discarded often becomes the cornerstone.“

SERVICE FOCUS

- Support educational opportunities
- Develop employment skills
- Promote linkages and access to community-based services
- Foster engagement with the recovery community and social connectedness
- Increase housing stability

ADMISSION CRITERIA

- Ages 18-25
- Resident of Massachusetts
- Priority for admission includes: Hispanic, African American, LGBTQ, pregnant, homeless, involved with the criminal justice system, with disabilities, or living with HIV/AIDS
- Demonstrate a commitment to sobriety
- Demonstrate an understanding that participation includes the development of a treatment plan
- Be willing to complete an eligibility assessment
- Applicants on Medication Assisted Treatment or other medications will not be denied treatment



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