

# Substance or Alcohol Recovery (SOAR)

## Programme

**Do you know of someone struggling with substance or alcohol abuse issues?**

**Seek help early and arrest the problem.**

Addiction is a mental health disorder. Many people have their health, finances and, ultimately, their lives turned upside down by addiction. However, with timely and consistent treatment and support, recovery is possible.

At WE CARE, our mission is to provide accessible and professional help for individuals and families struggling with various forms of addiction. We provide a safe environment for the individual and family to work on their issues and effect long-lasting change.

### SOAR Programme

The **SOAR** (Substance or Alcohol Recovery) Programme is a structured therapy programme designed for people with substance, prescription meds and/or alcohol abuse problems. Counselling is provided by trained addiction specialists.

#### Basic programme components:

- 6 individual sessions
- 2 family sessions
- 4 group sessions

Depending on needs, some clients may require further sessions after the initial phase of programme.

**Need more information?  
Call or email us now.**

*All enquiries are handled with strict confidentiality.*



**Get Help Now!**  
[help@wecare.org.sg](mailto:help@wecare.org.sg)  
Tel: 6547 5459

### WE CARE Community Services Ltd.

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### Voices of recovery

“During the sessions, we shared experiences. The sharing helped me to become honest, open-minded and willing. When I share, I feel understood. I realised that I’m not alone in this. They know the pain and suffering that I have gone through. The feeling of being understood is indescribable.”

*~Serene, a recovering alcoholic*

“Although I am still dealing with life’s issues, I am grateful for the gift of being in a position to better manage them, without turning to drugs. For this, I am grateful to WE CARE”.

*~Ali, a recovering drug addict*