

Amethyst Women's Addiction Centre in the News



Amethyst focuses on the whole woman; on the mental and spiritual healing... Amethyst teaches women assertiveness and self-esteem so that she doesn't have to turn to alcohol or medication for support.

CFRA Radio

Amethyst addiction centre can help



Clearly demonstrates that the notion of the "the stereotypical alcoholic" is a myth. Alcoholism is a problem not limited by class, economic status, or ethnicity. I can assure your readers that at Amethyst we experience this every day.

The rise in female alcoholism is troubling. It is a result of the unique pressures faced by women in modern society, where they are forced to balance family and career, often feeling that they are obligated to so alone. This can leave them feeling helpless and, as

article indicates, they often to alcohol... ere are services available lp. The writer mentions Aurora Treatment Centre in cover, but Ottawa is served by Amethyst. For

more than 26 years, the Amethyst Women's Addiction Centre has provided support to women in need of help. The support comes in many ways; individual and group counselling services, parenting programs and special groups for children.

Amethyst Women's Addiction Centre is a day treatment centre that offers bilingual addiction services to women. Amethyst works with women, individually and in groups, who are concerned about their substance use and/or problem

gambling. Amethyst's aim is to support women, individually and together, to take control of factors affecting health and well-being. For more information, please visit Amethyst's website: www.amethyst-ottawa.org

The rise in female alcoholism is troubling... There are services available to help... Amethyst Women's Addiction Centre is a day treatment centre that offers bilingual addiction services to women.

Ottawa Citizen

As is usual with not-for-profits, Amethyst works to balance demand for their top-notch services with the confines of a budget built on government grants and donations.

Amethyst does excellent work, but sits at the back of most people's minds when they think about their charitable donations.

Amethyst is the sort of organization that makes communities better: dedicated people working very hard with limited budgets to make the city, and people's lives, that much better.

CKCU Radio



Amethyst says peer support is key in showing their clients they're not alone... The centre offers services in English and French.

CJOH, CTV Ottawa

