



THE GRANGE
TREATMENT CENTRE

Youth Clinic

We can help, if:



You are between the age of
18 - 25



Struggling with substance
or process addictions



You are motivated for a full
recovery

Centre of excellence for your mental health

We specialise in compassionate,
evidence-based treatment for youth
aged 18-25 struggling with addiction and
mental health challenges.

Our aim is to provide you with
personalized care, you are important
to us.

Let us guide you in this transformative
experience!



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The Grange Treatment Centre - Youth Clinic

A calm, supportive space where young adults
can pause, heal and rediscover their strength.

The Grange Youth Clinic is a specialist
residential treatment centre for young adults
facing challenges with substance use, mental
health or risky behavioural patterns. We work
closely with families who are seeking
meaningful, lasting change, not just
short-term solutions or crisis containment.

Set in a peaceful and structured environment,
The Grange Youth Clinic offers young adults
the chance to step away from daily pressures,
unhealthy influences and overwhelming
expectations. Here, they are met with
understanding, guidance and care from a
dedicated, compassionate multidisciplinary
team who focus on healing the whole person,
emotionally, mentally and physically.



At The Grange Youth Clinic, we believe
recovery is not just about stopping harmful
behaviours, but about helping young adults
rebuild confidence, resilience and hope for
the future.

*We believe addiction is a disease
that can be treated. Our specialists
are here to help!*

Our program



Our comprehensive 6 week program is designed to address the unique needs of each client.



Central to our approach is a blend of group therapy, individual counselling, and psychoeducation, family systems therapy, fostering both personal growth and communal support.



Clients engage in various therapeutic modalities ensuring a well-rounded recovery experience.



Our structured schedule promotes accountability and routine, empowering individuals to actively participate in their healing journey.



Through this intensive and supportive environment, we aim to equip clients with the tools and skills necessary for lasting recovery.



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Get to know us!

We are an international addiction treatment centre part of the Changes GGZ group in the Netherlands.

We currently have two facilities in Cape Town, South Africa which includes a Youth Clinic and an Adult Clinic.

The Team



Our multidisciplinary team includes experienced psychiatrists, general practitioners, professional nurses, psychologists, creative therapists, social workers and support staff - all dedicated to holistic, compassionate care.

Client Feedback

- "I didn't believe recovery was possible until The Grange showed me it is. They gave me more than treatment, they gave me my life back."

Contact



+27 64 669 0676



Simon's Town, Cape Town,
South Africa



gethelp@grange-treatment.com



www.grange-treatment.com

Are you ready to take the next step?

SHORT WAITING LIST

We will schedule a screening meeting with you within a few working days



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