



THE GRANGE  
TREATMENT CENTRE

Youth Clinic



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

## 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.

# 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.

# 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.



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



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*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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