



THE GRANGE
TREATMENT CENTRE

Adult Clinic



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

We can help, if:



You are over the age of 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 adults
over 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 - Adult Clinic

When life has become too heavy to carry alone, this is where you put it down. There's a moment many people reach quietly when functioning replaces living, when hope feels distant and when the cost of continuing the same way finally outweighs the fear of change.

The Grange Treatment Centre exists for that moment. Set in a calm, private environment, The Grange Treatment Centre offers something many clients haven't felt in a long time. Space to breathe, Space to sleep, Space to think clearly, free from substances chaos.

Here you are not rushed, shamed or reduced to a diagnosis. You are met with respect, warmth and experienced professionals who understand how complex and painful this journey can be.

Healing here is not passive. With guidance and support, real effort is made and meaningful work is done at a pace that is steady, supportive and honest.

For many it's the first time in years they feel truly safe, supported and capable of moving forward.

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.

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

"When my brother entered The Grange, our family was filled with worry and uncertainty. From day one, the staff showed such genuine care and professionalism that we knew he was in the right place."

Contact



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Simon's Town, Cape Town,
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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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