



Start To Stop

T O D A Y

Start to Stop [today] offers a primary (8 weeks) and secondary (6 weeks) intensive outpatient addiction treatment programme. Therapeutically, the programme is designed to include an instructive element and group therapy sessions in treating all substance use and behavioural addictions.

The programme incorporates the family during treatment and educates them on the disease of addiction and includes conjoint sessions if required. Feedback can also be provided to professionals / referrers and employers where required with consent. Participants will be subjected to random drug testing during their attendance on the programme. For successful treatment, clients are encouraged to continue from the Start to Stop [today] Primary programme (8 weeks) to the Secondary Care Programme for another 6 weeks and thereafter they can join our aftercare programme.

PROGRAM VENUE

CHS Life Centre,
38 Raapkraal Road,
Kirstenhof, Cape Town

PROGRAM CONTENT

2 x Individual Counselling Sessions Per Week
1 x Weekly Group Therapy Session
1 x Online Weekend Check In

Since its inception in 2012, Start to Stop has helped many clients embark upon and maintain their recovery from addiction and other addictive behaviours.

Start to Stop [today] is facilitated by Gideon Williams who has been working within the addiction treatment space for almost two decades. His work experience includes operating the Start to Stop [today] outpatient programme and providing after-care and monitoring services. He is in long-term recovery from alcohol and drug addiction.

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For more programme details and cost