

COMPANY PROFILE

**A calm place to  
begin again.**



**PRIMROSE REHAB  
& WELLNESS**

LIBERATION FROM ADDICTION

WELCOME

# A place that feels like home.

At Primrose, we believe healing happens best in a place that feels safe, calm and welcoming. Set in the leafy surroundings of Thindigua Estate, our home cares for people living with substance use disorders and related mental health conditions.

We are a licensed **Level 3A medical institution**, registered with the KMPDB (No. 019575) and registered and audited by NACADA. Beyond the credentials, what families notice first is the warmth, the quiet, and the genuine care of our team.

Founded in 2018, we care for the whole person, mind, body, relationships and spirit, and we walk beside our clients long after they leave our doors.

*“The measure of our success is found in the trust we build, and in the hearts of those we help through the recovery journey, and their families.”*



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LICENSED KMPDB LEVEL 3A • REG. NO. 019575 • NACADA-REGISTERED & AUDITED • ESTABLISHED 2018

OUR MISSION

*To inspire and empower the lives we touch, to serve our communities, and to lead with purpose-driven passion.*

OUR VISION

*Through exceptional care and remarkable experiences, to be the treatment provider, employer and partner of choice.*

## HOW WE CARE

# A complete circle of care.

Every part of our care works gently together, treating the addiction, the conditions beneath it, and the person as a whole.



### Psychiatric & Medical Assessment

A gentle, thorough assessment on arrival, so co-occurring conditions are cared for alongside the addiction.



### Counselling & Psychoeducation

Daily classes with individual counselling and supportive group therapy, Monday to Friday.



### Detox & Nursing Care

Medically supervised detox with round-the-clock nursing, easing the body safely through withdrawal.



### Family Therapy

Helping loved ones heal and rebuild trust, so the whole family recovers together.



### Nutritional Review

A nourishing, balanced diet to rebuild strength and restore physical health throughout treatment.



### Community Integration & Aftercare

A full six months of aftercare, so no one walks the road home alone.

## SPIRITUAL CARE

### The Journey to Freedom

Recovery is also a journey of meaning and hope. Through spiritually grounded, faith-based programmes such as *The Journey to Freedom*, we help clients reconnect with purpose and find the inner peace that sustains lasting sobriety, always with respect for each person's own beliefs.



THE ROAD TO RECOVERY

# Five gentle steps, walked together.



## Assess

A caring evaluation and a plan made just for you.

## Stabilise

Supervised detox with 24-hour nursing care.

## Heal

Counselling, group therapy and spiritual support.

## Reconnect

Family therapy to rebuild trust and support.

## Sustain

Six months of aftercare and community support.

WHY FAMILIES CHOOSE PRIMROSE

- ✓ A licensed Level 3A facility, NACADA-registered and audited
- ✓ Spiritual support through The Journey to Freedom
- ✓ A compassionate, multidisciplinary team
- ✓ Addiction and mental health cared for together
- ✓ A warm, homely setting in leafy Thindigua
- ✓ Family-inclusive care and six months of aftercare

TAKE THE FIRST STEP

## Recovery starts with one call.



Reach out in confidence. Our team will gently guide you through admission and answer any question, for yourself or someone you love.

CALL US

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0720 264 149  
0737 760 601

ONLINE

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VISIT

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