



CITY OF CAPE TOWN  
ISIXEKO SASEKAPA  
STAD KAAPSTAD



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## DO YOU NEED HELP?

### FREE INTENSIVE ALCOHOL AND DRUG TREATMENT IS AVAILABLE

AT CITY OF CAPE TOWN'S MATRIX® SITES  
(not operated by the Matrix® Institute on Addictions, LA)

based at

- **DELFT SOUTH MATRIX® SITE**

DELFT SOUTH COMMUNITY HEALTH CENTRE  
Cnr Boyce Street and Delft Main Road, Delft South  
Tel: 021 444 8444/5/6  
matrix@capetown.gov.za

- **TOWN 2 MATRIX® SITE**

KHAYELITSHA TOWN 2 COMMUNITY HEALTH CENTRE  
Cnr Japhtha Masemola & Charles Mokoena Streets,  
Town 2, Khayelitsha  
Tel: 021 444 2919 / 20 / 21  
matrix@capetown.gov.za

- **PARKWOOD MATRIX® SITE**

PARKWOOD CLINIC  
Cnr Walmer Rd and Parkwood Ave, Parkwood  
Tel: 021 705 0074/0103  
matrix@capetown.gov.za

- **ALBOW GARDENS MATRIX® SITE**

ALBOW GARDENS COMMUNITY HEALTH CENTRE  
Koeberg Road, Brooklyn  
Tel: 021 444 5963/4  
matrix@capetown.gov.za

- **TAFELSIG MATRIX® SITE**

TAFELSIG COMMUNITY HEALTH CENTRE  
Cnr Kilimanjaro & Pyreneze Streets, Tafelsig,  
Mitchells Plain  
Tel: 021 444 2024/5/6  
matrix@capetown.gov.za

- **RUIMTE ROAD MATRIX® SITE**

MANENBERG RUIMTE ROAD SATELLITE CLINIC  
Ruimte Road, Manenberg  
Tel: 021 637 3984  
matrix@capetown.gov.za

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The following are sayings that help people in recovery:

- **One day at a time**  
Just focus on staying drug free today
- **Turn it over**  
Let go of problems you do not need to focus on now
- **Keep it simple**  
Keep recovery simple, don't complicate it
- **Take what you need and leave the rest**  
Focus on what is helpful for you
- **Bring your body and the mind will follow**  
Attend treatment and meetings, even if it takes a while for you to be comfortable
- **Be smart, not strong**  
Recovery is about staying away from relapse situations and not about being strong (testing yourself)

**"This programme has given me a chance to live life free of drugs and alcohol. I have hope today for a better future."**

- Quote from a past client

**"If it was not for this programme I would not have found the tools to make the changes I so desperately needed to."**

- Quote from a past client

**"Placing alcohol/drug treatment in a healthcare setting is a futuristic model that can be replicated around the world"**

- Jeanne Oberst, co-founder of Matrix

The City's Community based Alcohol and Drug Treatment Sites utilise the Matrix Model™ for intensive outpatient treatment

The Matrix Model™ is an evidence-based programme that has been implemented in a number of countries world-wide

**For further assistance or information, please contact the treatment sites by e-mailing [matrix@capetown.gov.za](mailto:matrix@capetown.gov.za) or log onto <http://www.capetown.gov.za/en/drugs/Pages/default.aspx>**



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