

We believe in encouraging clients to take personal responsibility for their well-being and recovery.

We encourage sharing amongst fellow clients so that the power of the group will enhance individuals recovery.

We respect and protect clients right to confidentiality.

We are committed to best practices through ongoing training for staff, board members and volunteers.

Focus Counselling Services
programs and services are designed to offer a safe, Alcohol and Drug free environment to persons who may be in different stages of change and wish to avoid substance use while working toward building a recovery oriented lifestyle.

Focus Counselling Services
36 Union Street Hamilton,
HM10 Bermuda

Telephone: 1-441-296-2196

Website: www.focus.bm

Email: info.focus@focus.bm

**Focus is open Monday
through Friday
8:30am - 4:40pm**



FOCUS COUNSELLING SERVICES

Registered Charity 371



IN 2019 FOCUS

- served **13,000** meals
- counselled **504** individuals
- held **104** group meetings
- housed **20** people in supportive residency
- successfully referred **10** people to residential treatment programmes
- transitioned **5** people to independent living

DROP IN CENTRE

Services include Daily Meals, Individual and Group Counselling, Life Skills Training, Anger Management, Family Support, Alcohol and Drug Testing and Referral Services.

Focus has an open door policy where anyone can receive help without an appointment.

Monday - Friday 8:00am -4:30 pm.

Saturday 8:00am – 4:00pm.

Closed on Sundays.

SUPPORTIVE RESIDENCY

This is a sober housing program for men who have completed a substance abuse program.

Supportive Residency offers residents a Sober, Alcohol and Drug Free housing environment and aftercare services such as Ongoing Counselling, Relapse Prevention, Life Skills and Money Management for all participants.

WHO WE ARE

Focus Counselling Services is a Substance Abuse Intervention Agency, registered charity #371 providing Intervention Services, Treatment and Supportive Residency (Sober Living), to persons living with Substance Use Disorder.



WE NEED YOUR HELP

Support for Focus is support for recovery, fellowship, a group meeting, a counselling session, a meal or even just a shower.

Support for Focus means fulfilling your intention of helping those who are suffering. It means that you join with others in proving that our community is compassionate towards those who are most vulnerable and builds the connections that we all need to feel part of something bigger than ourselves.