



Nishtara Recovery and Wellness Centre is an affiliate of SANCA (South African National Council on Alcohol & Drug Abuse), which is the leading national organization in the treatment of substance use disorder. This year marks 35 years of existence of this organisation in the Lenasia community.

The organisation was founded in 1990 by the late, well-known community activist and philanthropist, Mr Moosa Theba. Having emerged from the aftermath of tragic circumstances suffered by his family and in an era where lack of specialised services was glaringly absent in certain communities, Nishtara today is a proud testament that this legacy lives on.



The organisation then known as Nishtara Lodge, first opened offices at the JISS Centre in Lenasia as an Out-Patient treatment centre and continued operating on this basis until 2007, when the dream of having an In-Patient clinic in Lenasia was fulfilled. This clinic is situated on Capella Street in Extension 9, Lenasia.



Nishtara is the only registered treatment facility in the south of Johannesburg rendering rehabilitation treatment for alcohol, drug and other addictions and education and prevention services. Both its medical and therapy teams consist of qualified professionals.

The commitment, hard work and great teamwork of the Nishtara staff members has resulted in ongoing enhancement and expansion of the services provided. In addition to the Lenasia clinic, Nishtara also has an Out-Patient treatment facility in Orange Farm operating since 2011.



The organisation today offers you:

- **In Patient Treatment**

An adult facility for persons above the age of 18 years, providing recovery for males and females with strictly separate accommodation in a safe and controlled environment for a period of six weeks.

- **Outpatient Treatment**

Available for all ages, varied options in terms of treatment period and the extent of substance use disorders.

- **Aftercare**

An extension of the recovery process starting immediately upon discharge from the treatment programme. This is compulsory for a minimum of six-twelve months and available for long term to sustain sobriety and lifestyle changes and for relapse prevention.

- **Mentorship**

Development of recoverees to impart mentoring and leadership skills and encourage giving back in terms of service to fellow recoverees and the broader community.

- **Family Support**

Nishtara's holistic approach to recovery includes family participation as a compulsory component requisite to ensure that families and loved ones also heal and are empowered to create a supportive environment for reintegration into family and society.

Outreach work

- Awareness and Prevention programmes are conducted in communities at schools, institutions, and health care centres and via media and other forums.
- A modular life skills programme (Ke Moja) is targeted at the holistic development of children and adolescents to enable them to embrace a healthy, drug free lifestyle.
- Trained professionals conduct workshops in learning institutions and workplaces.



All treatment services at Nishtara are facilitated by a multi-disciplinary team of qualified professionals experienced to conduct an intensive daily programme inclusive of medical care and support, individual and group therapy, behaviour modification and interpersonal skills development.

All outreach work and support programmes are available at no cost. In Patient treatment services are covered by most medical aid schemes and keeping in line with the organisation's vision and mission statement, the Nishtara rehabilitation treatment programme is accessible and affordable to all. All people who have a substance use disorder but cannot afford to pay for treatment thereof, are assured of benefiting from our subsidy programme.

The organisation is managed by a well-skilled and experienced team of members and guided and overseen by members on the Board of Management whose guidance, support and expertise ensure that Nishtara upholds its commitment to render services in compliance with all legislative and regulatory requirements for good governance.

General meetings are held annually to give accountable and transparent feedback to the public and relevant role players regarding the financial and operational status of the organisation.



All people who are committed to community upliftment and want to give back in terms of skills and service, or if you have a loved one or know of someone who needs help with their addiction or substance use disorder:

- **Call us on** **011 854 5988/852 2176**
- **WhatsApp** **065 558 5439**
- **Mail us at** **info@sancanishtara.co.za or**
- **Visit us at** **8283 Capella Street, Ext. 09, Lenasia**