



LEGACY
HEALING CENTER

New Jersey Woman Thanks Legacy Healing Center in Cherry Hill For Helping Her Find a New Life of Sobriety

July 02, 2021

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Cherry Hill, NJ - The newly-opened Legacy Healing Center in Cherry Hill, NJ was established to help ease the demand for quality addiction treatment in the northeast region of the United States. The unmet demand for addiction treatment in the state of New Jersey for 2019 was 40.1 percent, according to the state's official website. Legacy Healing Center has already helped thousands of people suffering from substance use disorder find a new way of life through their South Florida locations. Now they're bringing their proven, holistic, patient-centered treatment philosophy to residents of the northeast.

A woman by the name of Tracy recently overcame a substance use disorder (SUD) with the help of Legacy Healing Center in Cherry Hill. SUD is a complex and multifaceted mental health disorder, but it is treatable with the help of an accredited behavioral health center. As Tracy discovered, Legacy Healing Center is home to not only effective evidence-based therapies that treat addiction at its root, but the support that they provide their clients is among the best there is.

After her positive experience, Tracy was moved to leave the addiction treatment center a 5-star review on Google in which she explained how Legacy Healing Center treated her as part of the family. The healthcare

professionals and staff members that she was in contact with throughout her addiction treatment program in Cherry Hill showed her compassion and unconditional love and helped her to find her truth so that sustained recovery could be achieved. "Legacy is a family," Tracy said. "The care and love they show their clients is out of truth, love, and compassion."

Effective addiction treatment programs must be able to provide a recovering person with the tools they need to succeed in recovery. These tools include improved coping skills to deal with the stressors of life and addiction triggers such as peer pressure, methods to reduce stress, how to stay healthy through exercises and a balanced diet, mindfulness, self-monitoring, improved motivation for change, and a positive change in behavior among other things.

Tracy was able to change her life and stop her substance abuse because of the behavioral therapies that Legacy Healing Center provided such as cognitive-behavioral therapy (CBT). She attributes much of the success of her recovery at the Cherry Hill addiction treatment center to the support and compassion that she received during and after her time with Legacy Healing Center. "They gave me the tools to make a new life in sobriety and have truly shown by example," Tracy said.

Strong support during every phase of recovery plays a crucial role in helping to motivate a person in the early stages of recovery as well as to help them to sustain their recovery long term. A representative from Legacy Healing Center explained that empowering people in recovery through compassionate support helps them to realize their truth so that they may accept who they are, and understand that the person they are is good enough and deserving of love.

From the moment a person enters Legacy Healing Center, they are provided with a sober coach that will be there for them for the rest of their life. Tracy and others who have successfully achieved sobriety through the behavioral health center have permanent access to not only a sober coach but also a sober community that will support them through their life-long management of the disease of addiction.

The comprehensive addiction treatment programs together with the compassionate support that Legacy Healing Center provides can make a positive difference in the life of anyone ready to overcome the struggles of addiction. For anyone struggling with the impact of substance abuse Legacy's staff is available 24/7 to answer questions and provide guidance, call (888) 534-2295 or go to www.legacyhealing.com.

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For more information about Legacy Healing Center Cherry Hill, contact the company here: Legacy Healing Center Cherry Hill Travis Benfaida (856) 263-4965 info@legacyhealing.com 800 Kings Hwy N suite 100, Cherry Hill, NJ 08034

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Addiction Treatment Center in Cherry Hill, New Jersey. Alcohol & drug rehab that is done with the whole person in mind. Call Legacy Healing Center.

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