

# The Edge Crete Young Men's Programme



THE EDGE  
BY THE CABIN



[www.theedgerehab.com](http://www.theedgerehab.com)

Young Men's Rehab for Behavioral Health, Addiction and Substance Abuse | The Edge



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## Young Men Have Unique Needs

Substance abuse in young men often arises from social isolation and a need for healthy bonds, influences and challenges. When young men encounter these challenges, they may gravitate towards self-defeating behaviours, and what begins as age-appropriate experimentation can quickly escalate into patterns that seem all but inescapable.

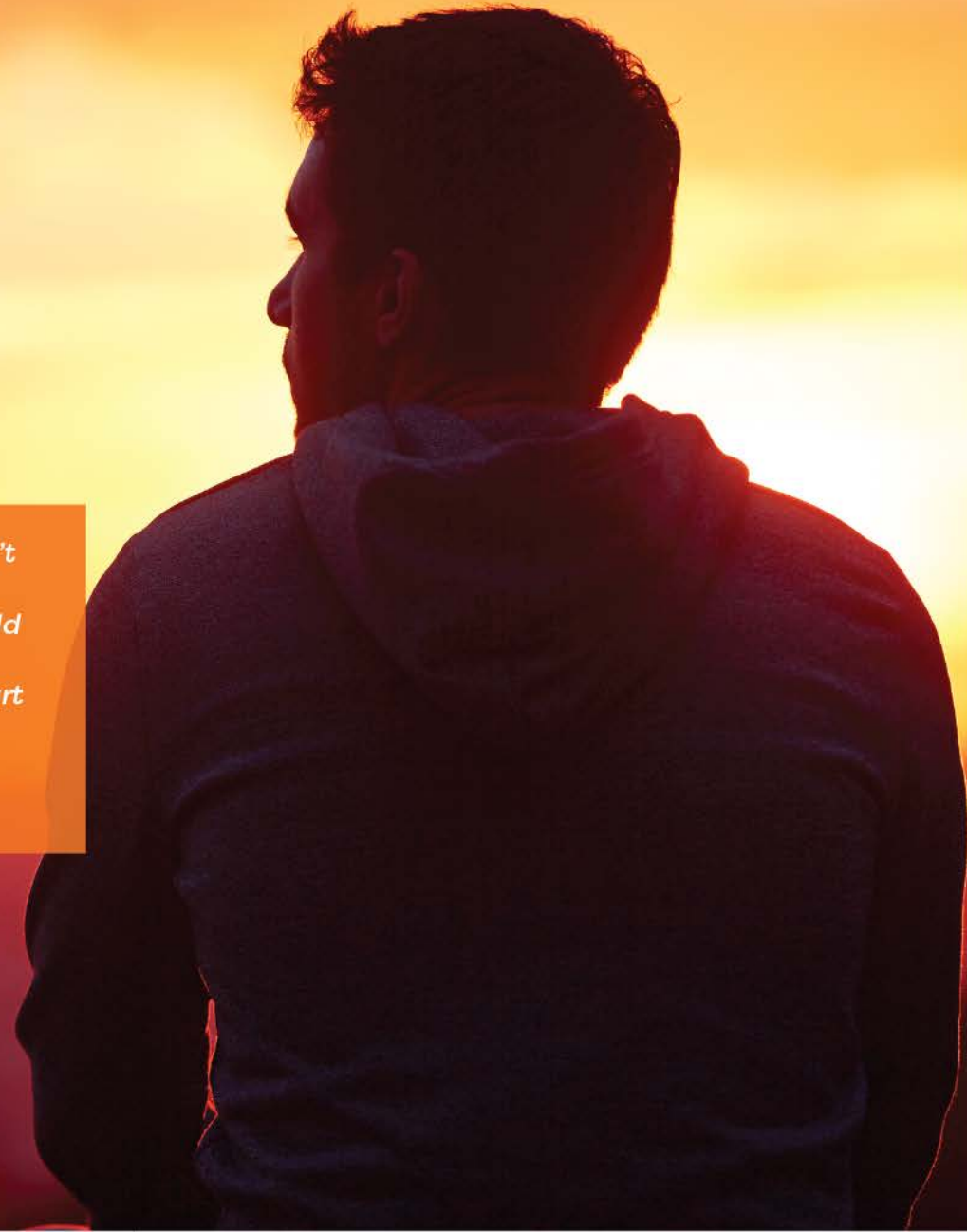
The Edge understands young men. Our revolutionary programme is designed to help young adult males find meaning, purpose and connection with others. The Edge proves that life in sobriety is far more fun and fulfilling than life with drugs and alcohol.

*“When I arrived at The Edge, I was broken and couldn’t see a future for myself. The counsellors and the team didn’t just help me stop using – they helped me rebuild my confidence and purpose. A year later, I’m sober, working, trusted by my family again, and about to start university. I owe them more than words can say.”*

*– James, Australia*

### Empower Yourself with The Edge

Don't let past challenges define you. The Edge programme offers a pathway to recovery and personal growth. Contact us today to learn more about how we can support you on your journey.





**THE EDGE by THE CABIN**

## Trusted Treatments and Proven Results

**The Edge Crete is part of The Cabin Group, world-leading rehabilitation specialists.** The Cabin has helped thousands of individuals overcome addiction and rebuild their lives through world-class care and clinical innovation.

**The Cabin Group**, we have refined a proven model of recovery that treats all forms of addiction and self-sabotaging behaviours, along with co-occurring mental health disorders. This same level of excellence now extends to The Edge Crete, where our young men's programme combines evidence-based therapy, physical challenge, and adventure in a safe, supportive environment.

Our expert team—comprising internationally recognised counsellors, therapists, trainers and coaches—delivers The Cabin's signature treatment approaches, **Recovery Zones**, designed to foster self-discovery, emotional resilience, and long-term recovery.

With both inpatient and outpatient centres worldwide, The Cabin Group provides seamless continuing care for clients across the globe. At The Edge Crete, our mission remains the same: to help each client find lasting freedom from addiction and rediscover empowerment through a holistic journey of healing and growth.

*"We are powerless to do it on our own. As soon as you realise that, you're on the road to recovery. I can't, we can"*

*- Michael, client in recovery*

*“Our son had been struggling for some time, and we felt completely helpless – like nothing we tried could reach him. As parents, it was heartbreaking and left us questioning where we’d gone wrong. Traditional rehabs didn’t suit him – most were adult-focused, heavy on group work and academic learning. He never liked school and disengaged immediately.*

*A family friend suggested The Edge, saying it might be different. For the first time, he showed interest – mostly because of the physical training. That was the opening he needed. Through fitness and shared challenges, the team connected with him, got him to engage in counselling, and start rebuilding trust.*

*Watching him grow stronger, more honest, and genuinely happier has been inspiring. Our family finally feels reunited and hopeful again. We’re so grateful to The Edge, to Tim, and the family programme for helping bring us back together.”*

*– PARENT TESTIMONIAL David and Sophia, Singapore*

## OUR TREATMENT

### What We Treat

Before clients come to The Edge, we undertake a consultation to help us decide on the best treatment plan. We can help with

- // **Behavioral Health**, ADHD, neurodiversity, motivation, failure to launch, lack of focus, low self-esteem, dopamine deficiency
- // **Substance abuse** of drugs, alcohol and prescription drugs
- // **Process addictions** to digital screen and internet addiction, gaming, gambling, food and body issues
- // **Trauma and post-traumatic stress disorder (PTSD)** which can inform addiction
- // **Co-occurring disorders** where addiction appears in conjunction with issues such as anxiety and depression

**We offer 12-week recovery programmes. Your length of stay depends on your individual needs and your treatment plan is personalised to suit our requirements.**

## WHY CRETE

### Easily Accessible from Across Europe

Nestled in the sunniest Southeastern corner of Europe, Crete and **The Edge Crete** are easy to reach from every direction. The island is served by Heraklion International Airport with frequent direct flights from major cities such as London, Paris, Amsterdam, Frankfurt, and Rome, as well as **smooth regional connections through Athens**. **Travelling to Crete is quick and effortless year-round**, with short flight times from most European capitals.



With its modern infrastructure, warm Mediterranean climate, and welcoming culture, Crete offers the perfect blend of accessibility and tranquility. At The Edge Crete, **recovery begins in a place that's both easy to reach and hard to forget** – where the **journey to healing begins with comfort and peace of mind**.



## OUTSTANDING ACCOMMODATIONS AND FACILITIES

### Our Location and Facilities

The Edge is a dedicated facility designed specifically for young men. The client's opportunity for recovery success will be drastically improved when he's away from negative influences and surrounded by the grounding natural beauty of **Crete**.

#### Our premium facilities include:

- // Private accommodation
- // Swimming pools
- // Fitness centre access
- // Meditation spaces
- // 5-A Side Soccer Pitch
- // Resource libraries
- // Badminton Court
- // Volleyball
- // Hot Tub / Jacuzzi
- // Private mountain 500m above sea level



## Why The Edge Crete is Young Men's Recovery in the Ultimate Adventure Destination

Successful rehabilitation is not only about the treatment itself but also about the environment that supports it. This programme offers the perfect setting for young men seeking recovery – a destination renowned for its **year-round excellent weather, cultural richness, and breathtaking natural diversity.**

**The Edge Crete** is designed for young men who want to combine intensive, world-class treatment with unforgettable adventure. Surrounded by mountains and sea, clients will find a **safe, supportive space to heal, grow, and thrive.** Every participant is carefully screened to ensure a community where everyone can focus fully on their journey, away from life's triggers and stressors.

This is more than a beautiful setting; it's an adventure playground where recovery means rediscovering excitement and purpose through activities that challenge the body and inspire the spirit. From **sailing crystal-clear waters** and **hiking to waterfalls**, to **exploring dramatic canyons, rocky trails** and **mountain biking**, every experience shows that **life in recovery can be richer, more rewarding, and far more adventurous than life in addiction.**



## Continuing Care for Supported Life Change

Recovery requires maintenance. The self-discovery which begins in treatment doesn't end following residential treatment and neither does our support. We help to lay a solid foundation for recovery and a smooth shift back into daily life, allowing clients to maintain close contact with counsellors and peers. This is especially important for this younger age group, who are still choosing their passions and direction in life.

// **Follow-up treatment** at our  
Intensive Outpatient Centres and partnered offices worldwide

// **Free group counselling sessions**  
via our Online Continuing Care Programme

// **Peer connections** through our global Alumni Network

## Addiction is a Family Matter – And so is Recovery

Family is an essential part of both addiction and recovery - that's why The Edge includes a complimentary family programme as a key element of residential treatment.

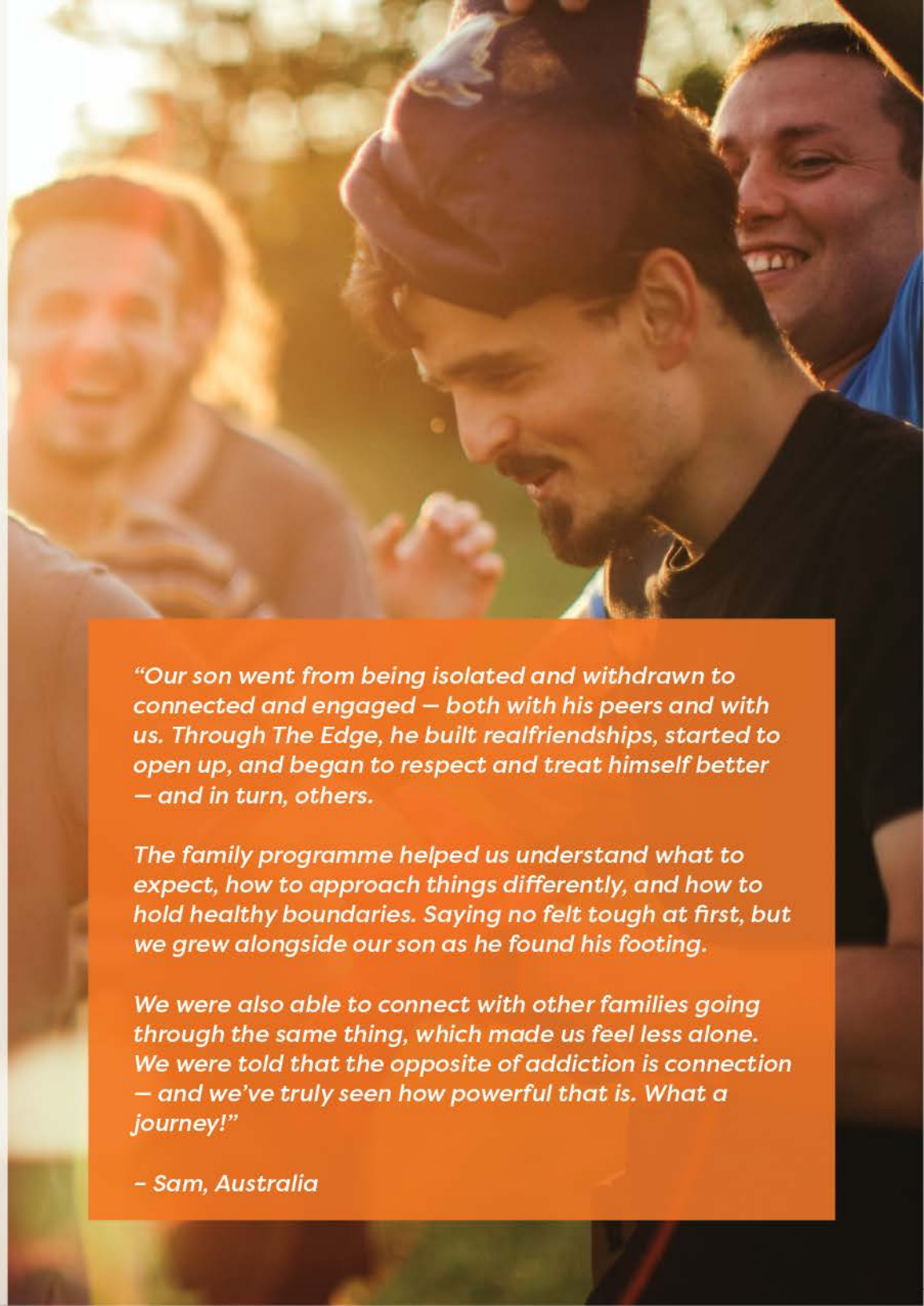
Families are invited for a three-day onsite visit that includes educational workshops and counselling, so they can better understand how addiction works and how they can support their loved one's recovery. We have counsellors on site who are dedicated family therapists and exclusively support our family programme and family units.

*“Our son went from being isolated and withdrawn to connected and engaged – both with his peers and with us. Through The Edge, he built real friendships, started to open up, and began to respect and treat himself better – and in turn, others.*

*The family programme helped us understand what to expect, how to approach things differently, and how to hold healthy boundaries. Saying no felt tough at first, but we grew alongside our son as he found his footing.*

*We were also able to connect with other families going through the same thing, which made us feel less alone. We were told that the opposite of addiction is connection – and we've truly seen how powerful that is. What a journey!”*

*– Sam, Australia*





## CONTACT US

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# Your New Chapter Begins Today Contact The Edge Crete Today

Contact Us for a Confidential Consultation **+66 20 385 469**

Our dedicated intake coordinators will guide you through our programmes and facilities, and arrange an assessment with our clinical team. Following your assessment, your coordinator will help plan your intake date and travel details. Upon arrival in Crete, we will meet you at the airport or your hotel. Our team will carry out a full evaluation, and your personal therapist will work with you to create a tailored treatment plan.

### // What does the treatment programme include?

Our programmes include private accommodation, all meals, individual counselling, group sessions, physical therapy, weekly excursions and aftercare programme.

### // How long will I have to stay at The Edge Crete?

We offer a 12-week residential programme designed for lasting transformation, as well as tailored-duration programmes to suit individual needs. Your length of stay will be determined in line with your personalised treatment plan and recovery goals.

To create a practical treatment  
action plan, get in touch 24/7

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