

**Specialised groups designed to support and provide new skills empowering individuals in their recovery journey.**

Specialised groups include:

- Family and Parenting Programs
- Anger Management
- SMART Recovery
- Aboriginal and Torres Strait Islander focused programs
- Programs for people recently released from custody

## What our clients have said



“I found my counsellor supportive and always encouraging to me.”

“Odyssey staff believed in me, even when I didn’t believe in myself, I could never have gotten where I am today without their support.”

“The staff at Odyssey were always friendly and helpful.”

“Odyssey made the difference in my recovery, they helped me and made me feel like I could do this, I’m doing it.”

Since 1977, Odyssey House NSW has been providing hope and inspiring positive change for individuals affected by the complexities of alcohol and other drugs.

**ODYSSEY HOUSE COMMUNITY SERVICES  
CENTRAL EASTERN SYDNEY**

**1800 397 739**

**Street address**

Level 1, 61 Renwick Street  
Redfern NSW 2016

**Mail to**

PO Box 3304, Redfern NSW 2016

**E:** [cscs@odysseyhouse.com.au](mailto:cscs@odysseyhouse.com.au)

**W:** [www.odysseyhouse.com.au](http://www.odysseyhouse.com.au)

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Community Services

# COMMUNITY SERVICES

## ALCOHOL & OTHER DRUGS



Community Services

**Odyssey House Community Services offers a diverse range of non residential programs and services for those affected by the complexities of Alcohol and Other Drugs.**

These programs include: Counselling, Alcohol and Other Drugs Recovery Group Stage 1 & 2, Mental Health Recovery Group Stage 1 & 2 and Specialised Recovery Groups.

At Odyssey House NSW we understand the challenges that may be impacting the life and health of individuals, their friends, family and the wider community.

Our experienced team offers free individual and group counselling, support, information and education to people who are concerned about their own or a loved one's drug and/or alcohol use and the impact on their Mental Health.

## Our Vision

A world free of addiction.

## Our Mission

To build safe and healthy communities by reducing the impact of addiction on individuals, families, carers and communities.

## Our Values

- Professionalism
- Creativity
- Respect
- Integrity

**ODYSSEY HOUSE COMMUNITY SERVICES**  
**1800 397 739**

Phone our Assessment Team today to find out more about our services and program options that will support and assist you in your recovery journey.



## Free counselling

**Odyssey House Community Services provides free counselling to those seeking assistance and support for alcohol and other drug issues.**

Our qualified counsellors will support you to take one step at a time, at your own pace.

We recognise that recovery is a journey that often takes two steps forward and one step back. Together, our counsellors will assist you in developing your own personalised recovery plan to meet your individual needs.

**Counselling services provided free of charge include:**

- Face-to-face and phone Counselling.
- Group Counselling, Recovery Group Programs and Specialised Groups.
- Support to those recovering from both Mental Health and alcohol and other drug issues.
- Support and advocacy in accessing residential Detox and Rehabilitation programs.
- Providing you with recovery information, advocacy and linking you to service providers.

## Alcohol and Other Drugs – Day Program

**Alcohol and Other Drugs Recovery Group Stage 1 & 2**

Participants will learn new skills and receive support with:

- Relapse Prevention and Relapse Management.
- Develop strategies to manage high risk situations and sustain recovery.
- Harm reduction education.
- Goal setting and treatment options.

**Mental Health Recovery Group Stage 1 & 2**

Educational and support groups for those recovering from Mental Health and alcohol and other drug issues.

Group sessions include:

- Developing and maintaining Mental Health recovery plans.
- Building knowledge and coping skills to manage Mental Health issues in recovery.
- Recreational activities conducive to an improved wellbeing.
- Discussions and opportunities to share lived experiences.