



## ALCOHOL & OTHER DRUGS

# ALCOHOL AND OTHER DRUGS RECOVERY GROUP – MODULE 1

### How we can help

Odyssey House Community Services offers the Alcohol and Other Drugs Recovery Group Module 1 for people who have not completed detox or who are currently detoxing.

Our qualified counsellors will guide participants through their recovery in a safe and supportive environment.

Participants will learn new skills with the opportunity to access our individual and group counselling services free of charge.

Light refreshments will be provided.

### Find out more

Module 1 covers a range of topics with participants receiving support with:

- Starting out on our recovery journey
- Identifying goals and developing our recovery plan
- Creating the change that we want
- Developing strategies to stay on track and manage difficult situations
- Weekly peer and counselling support

To register for this free program contact Community Services 1800 397 739 Option 2

### When

Fridays / 10.00 am to 12.00 pm / 4-week duration but participants may join at any time / Starting 17<sup>th</sup> May 2019 to 7<sup>th</sup> June 2019

### Where

Balcombe Heights Estate, 92 Seven Hills Road, Turner Buildings 4 & 5 Baulkham Hills, NSW 2153

### Community Services: 1800 397 739

T: 02 9622 7511 / F: 02 9831 7337

E: [csws@odysseyhouse.com.au](mailto:csws@odysseyhouse.com.au) / W: [www.odysseyhouse.com.au](http://www.odysseyhouse.com.au)

This service is funded by the Primary Health Network through the Australian Government



ODYSSEY HOUSE  
NEW SOUTH WALES

Community Services