



ALCOHOL & OTHER DRUGS

A LCOHOL AND OTHER DRUGS RECOVERY GROUP – MODULE 2

How we can help

Odyssey House Community Services offers the Alcohol and Other Drugs Recovery Group Module 2 for people who have completed detox, or have exited a residential treatment program and require aftercare and ongoing support.

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 2 covers a range of topics with participants receiving support with:

- Exploring values and healthy thinking patterns
- Managing distress and intense emotions
- Mindfulness skills and living in the present moment
- Effective communication skills and managing relationships
- Building resilience, self-care and coping strategies
- Weekly peer and counsellor support

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

When

Thursdays / 10.00 am to 12.00 pm

4-week duration but participants may join at any time

Starting 4th April 2019 to 23rd May 2019

Second run 6th June 2019 – 11th July 2019

Where

Suite 3, Level 3 / 83 Flushcombe Road, Blacktown

Community Services: 1800 397 739

T: 02 9622 7511 / F: 02 9831 7337

E: csws@odysseyhouse.com.au / W: www.odysseyhouse.com.au

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NEW SOUTH WALES

Community Services