



ALCOHOL & OTHER DRUGS

MENTAL HEALTH RECOVERY GROUP – STAGE 2

How we can help

Odyssey House Community Services offers the Mental Health Recovery Group Stage 2 to support people recovering from both mental health and drug and alcohol issues.

We are aware that many people affected by the complexities of substance use have a range of mental health problems at higher rates than the general community.

In a supportive environment participants will gain new skills and receive help with any challenges they may be facing.

Groups cover a range of topics to empower participants in their recovery journey.

Find out more

Stage 2 participants will gain support with

- Developing mindfulness skills
- Understanding recovery from addiction and mental health
- Developing positive relationships and support networks
- Building resilience in recovery
- Expanding knowledge and skills around managing depression and anxiety
- Recreational group activities
- Developing a mental health maintenance plan
- Weekly peer and counsellor support
- Completion of Mental Health Recovery Group

When

Join at any time / Thursdays / 12.30 pm to 2.30 pm
6th June 2019 to 4th July 2019 / 5 week duration

Where

Suite 3, Level 3 / 83 Flushcombe Road, Blacktown

Community Services: 1800 397 739

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ODYSSEY HOUSE
NEW SOUTH WALES

Community Services