



**ODYSSEY HOUSE**  
NEW SOUTH WALES

# Community Programs

**Helping people address the harms associated with alcohol and other drug use.**



***“This program has saved my life, and helped me reconnect with myself, my family and my culture.***

***I shall be forever grateful to Odyssey for their support on my journey of recovery.”***

- Odyssey Community Programs client



# What are Odyssey's Community Programs?

Odyssey House NSW Community Programs supports people who are concerned about their own or a loved one's drug and/or alcohol use.

We provide individual and group counselling, support, information, education and links to other community services in NSW.

## Our Community Programs

- Offer individual and group counselling.
- Support you to develop a personalised treatment plan to help prevent relapse.
- Teach skills and tools that support you in your recovery.
- Offer support for your mental health, including referrals to mental health services.

Our support groups are designed in stages to support where you're at in your recovery journey.

This can help you achieve long-lasting recovery.



## Free counselling

We understand that it is not always a simple process, you have unique needs and we will walk besides you on this journey.

Our qualified counsellors will work with you to develop a personalised treatment/recovery plan that suits you and may include:

- one-on-one sessions in person or via telephone / online
- group counselling, recovery programs and specialised groups
- support to address co-existing mental health concerns
- helping you to access residential detox and rehabilitation programs.

Odyssey Community Programs are provided at no cost to our clients.

## Specialised group programs

Our group programs provide safe and structured environments to support your recovery journey. **They may include:**

- alcohol and other drug recovery groups
- relapse prevention
- Aboriginal and Torres Strait Islander group called Mingu Yabun
- SMART Recovery
- parenting programs such as Bringing up Great Kids and Circle of Security
- mental health and wellbeing group
- family and friends support group.

# Alcohol and other drugs recovery

**You can learn skills and receive support to:**

- develop a personalised care plan including goal setting
- identify treatment options
- learn strategies to manage your triggers and risks
- develop communication, emotional regulation, stress management and resilience skills
- build your social support networks
- attend weekly counselling support sessions
- build skills to prevent relapse.

**Mental health challenges often co-exist with alcohol or drug dependence.**

**We can support you to:**

- build your coping skills
- explore positive activities and hobbies
- find support through sharing your personal experience with others in the group.





**Odyssey House NSW provides rehabilitation services to address harms associated with alcohol and other drug use.**

Since 1977, we have built a comprehensive network of specialised withdrawal and rehabilitation programs through residential and community service hubs across NSW.

Our professional staff provide trauma informed care to support clients to develop the skills to meet their physical and emotional needs, reconnect with family and strengthen social connections.

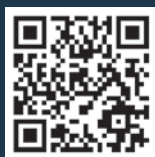
**Odyssey Community Programs are funded by:**

- Australian Government Department of Health and Aged Care
- NSW Government

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