

Windana Drug and Alcohol Recovery

Welcome. In this leaflet we'll provide information about Windana and the services we offer. For more info, visit www.windana.org.au.

Who we are

Since 1984, Windana has helped people reduce the harms and recover from the effects of drugs and alcohol.

Windana provides holistic, evidence-based services tailored to each person's unique situation, wherever they may be on their recovery journey.

We offer residential and non-residential withdrawal services, residential rehabilitation and a suite of community-based services across Victoria.

Our Mission

Helping people to rebuild their lives.

Windana Community Clinic

Our Community Clinic at 88 Alma Road, St Kilda is a place to access affordable, holistic, natural health care treatments and supplements.

Therapies include:

- Acupuncture
- Naturopathy
- Osteopathy.



Residential Rehabilitation

We run alcohol and other drug rehabilitation programs in three Therapeutic Communities.

Each is a place where the community - through self-help and mutual support creates change.

Grampians Therapeutic Community

- Located in central Ballarat
- Up to 20 residents
- Three-month program



Barwon Therapeutic Community

- Located in Corio, Geelong
- Up to 30 residents
- Six-month program



Maryknoll Therapeutic Community

- Located in Maryknoll, southeast of Melbourne
- Up to 77 residents
- Nine-month program



Integration Housing and Aftercare is available for residents leaving the Therapeutic Communities.



Withdrawal Services

Youth Residential Withdrawal

At our Windana Youth Community House in Dandenong, young people stay for supported withdrawal in a homelike environment.

Adult Residential Withdrawal

Our holistic seven to ten-day program in St Kilda.

Non-Residential Withdrawal

Frankston-Mornington Peninsula & South-East Melbourne

Supporting adults to withdraw at home or in another safe place, with care from our nurses who visit or make regular phone contact.



Community Services

Counselling for alcohol and other drugs

We see clients in St Kilda, at SECADA and via Telehealth.

Care and Recovery Coordination

Bayside and South-East Melbourne

Developing support plans for clients with complex needs.

Family Program

Groups and programs include:

- **Tuning into Kids** (course for parents to build emotional intelligence in kids)
- **Yarning Group** (for clients of Winja Ulupna Women's Recovery Centre)
- **Parenting Group**
- **Family Days.**

Harm Reduction

Support and education for clients at our residential withdrawal programs.



Ways you can help Windana:

- To volunteer, email windana@windana.org.au
- To donate, visit www.windana.org.au/donate

Contact Us

Windana Drug & Alcohol Recovery Ltd. ABN 68 398 137 238

T. 03 9529 7955

F. 03 9521 3581

E. feedback@windana.org.au

W. www.windana.org.au

Referrals

Contact your local Intake and Assessment Service to discuss your treatment options and ask for a referral to Windana.

To find your local Intake and Assessment Service, call DirectLine (24/7) on 1800 888 236 or visit www.directline.org.au.

To book into any of our **Health & Healing** (Community Clinic) therapies, contact Windana directly on 03 9529 7955 Monday to Friday, between 9:00am and 4:30pm.

You can also call us for general enquiries.



This illustration shows an overview of Windana's programs and services.

Windana acknowledges the Traditional Owners of Australia and we welcome all Aboriginal and Torres Strait Islander people to our service.

Windana provides a safe and welcoming environment for everyone.