

GOTTAWANNA PROGRAM

for adults seeking help with their
substance misuse or addictive
behaviour



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COUNSELLING AND EDUCATION SERVICE
DRUGS · ALCOHOL · OTHER ADDICTIONS **CHANGING LIVES**



GOTTAWANNA PROGRAM



The Gottawanna program addresses specific issues for adults who are seeking help for their alcohol or drug misuse, gambling or other addictive behaviours.

Common problems may include:

- Anger
- Violence
- Stress
- Family and personal relationship breakdowns
- Drink driving
- Illicit substance possession
- Domestic violence
- Health issues

The program offers a supportive, non-judgemental environment where you can begin to understand when, why and how you developed dependent behaviours including the use of alcohol and other drugs.

The program is designed to help you recognise and accept your responsibilities in life, explore the range of choices you have, and experience the freedom of living without alcohol or drugs or other excessive behaviours while you are in the program.

It will be your choice, after you have completed the program, whether you continue to abstain from alcohol or other drugs, or return to use with a greater awareness and increased skills to manage your life.

**TO MAKE A REFERRAL OR TO FIND OUT MORE,
PLEASE PHONE (03) 6224 1777**