

# Zoom to Noon

A vehicle to better health and wellbeing



## OMICRON Edition

A Series of online alcohol and other drug discussion groups

<p>Reach Out, Connect &amp; Recover <a href="#">Click to Join Meeting</a></p>	<p><b>Mondays, 10.30am – 11.30am</b> A discussion group where adults 60 years &amp; over can meet to 'check in' &amp; support each other. <b>Facilitated by 65 Alive, Seniors AOD, Odyssey House Trust</b></p>
<p>SMART Recovery <a href="#">Click to Join Meeting</a></p>	<p><b>Mondays, 12.30am – 2.00pm</b> <b>Self Management And Recovery Training.</b> A group program assisting any problematic behaviours. <b>Guided by trained peers and professionals</b></p>
<p>Recovery 24/7 <a href="#">Click to Join Meeting</a></p>	<p><b>Mondays, 2.00pm – 3.00pm</b> For people wanting to reduce harm associated with alcohol &amp; drug use. To educate &amp; develop strategies. <b>Supported by Nova Trust and Care NZ</b></p>
<p>Stress, Resilience &amp; Wellbeing <a href="#">Click to Join Meeting</a></p>	<p><b>Mondays, 7.00pm – 8.00pm</b> Practical tips &amp; strategies to help you get through times of stress. <b>Facilitated by <a href="#">Mel Johns</a></b></p>
<p>Understanding Addiction <a href="#">Click to Join Meeting</a></p>	<p><b>Tuesdays, 12.00pm – 1.00pm</b> Learning helpful strategies to grow a healthier family environment. <b>Facilitated by Familial Trust</b></p>
<p>On the Couch with Meth Help <a href="#">Click to Join Meeting</a></p>	<p><b>Tuesdays, 1.30pm – 2.30pm</b> Education and discussion on methamphetamine, its effects on the brain, triggers, cravings &amp; relapse prevention. <b>Facilitated by the Meth Help Team</b></p>
<p>SMART Recovery <a href="#">Click to Join Meeting</a></p>	<p><b>Tuesdays, 6.00pm – 7.30pm</b> <b>Self Management And Recovery Training.</b> A group program assisting any problematic behaviours. <b>Guided by trained peers &amp; professionals</b></p>
<p>Relapse Prevention <a href="#">Click to Join Meeting</a></p>	<p><b>Wednesdays, 1.00pm – 2.00pm</b> Identify triggers, early warning signs and high-risk situations that lead to relapsing. <b>Facilitated by Emerge Aotearoa, PACT, Pathways and Comcare</b></p>
<p>Mindfulness <a href="#">Click to Join Meeting</a></p>	<p><b>Wednesdays, 5.30pm – 6.30pm</b> A type of meditation focussed on being intensely aware of what you're sensing &amp; feeling in the moment. <b>Guided by trained peers &amp; professionals</b></p>
<p>Be SMART <a href="#">Click to Join Meeting</a></p>	<p><b>Wednesdays, 6.00pm – 7.30pm</b> <b>Self Management And Recovery Training</b> for family &amp; friend or supporter of the person with problem behaviour. <b>Guided by trained peers &amp; professionals</b></p>
<p>Family-Whānau Support <a href="#">Click to Join Meeting</a></p>	<p><b>Thursdays, 12.00pm – 1.00pm</b> Open to family-whānau who are impacted by the alcohol &amp; other drug use of people they care about. <b>Facilitated by Family Drug Support Aotearoa NZ</b></p>
<p>Peer Support Fridays <a href="#">Click to Join Meeting</a></p>	<p><b>Fridays, 12.00pm – 1.00pm</b> A peer-led discussion group where people support each other in developing strategies to stay safe. <b>Facilitated by <a href="#">Sharon Bennett</a></b></p>

We encourage people to attend a group where they feel safe, comfortable & can benefit from participating. We aim to provide a spectrum of groups to engage with a wide audience & recognise that people will be able to choose a group or groups that are a good fit for them.