

WOMEN AND WELLBEING (ALCOHOL & OTHER DRUG)



**A free, open group for women to
support wellbeing around AOD use**

Wednesday evenings from 6:30pm - 8:00pm

- » Harm minimisation
- » Relapse prevention
- » Developing coping strategies
- » Relaxation exercises
- » Impact of AOD in other areas of our lives
- » Self-esteem work
- » Strategies for reducing stress

Phone: 03 338 4437

chchaod@odysseychch.org.nz

www.odysseychch.org.nz

Level 1, 55-59 Ferry Road



Women and Wellbeing:

- » For women with mild to moderate substance abuse issues
- » Offers you an opportunity to explore your AOD use in a safe and supportive way and have some laughs
- » Provides a friendly women-centred environment

Information for referrals:

- » We take self and agency referrals
- » Self-referrals, please contact:

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