

Road to Recovery Group



The Road to Recovery Group is a six-week psychoeducational group for individuals experiencing difficulties with their alcohol and other drug use.

The group utilises the provision of information and discussion format to encourage participants to develop skills and gain an understanding of how to cease or reduce the harm associated with their alcohol and other drug use.

WHEN EVERY THURSDAY AT
2:30 - 4:00PM

WHERE 318 FITZGERALD
STREET, PERTH

HOW P: 9328 9200 TO BOOK
AN ASSESSMENT

The group offers an opportunity to:



Identifying the early warning signs of a relapse



Improve communication skills



Improve conflict resolution skills and set healthy boundaries in relationships



Improve self-awareness by identifying triggers, uncomfortable emotions and better coping skills



Understand the meaning of self-care and develop a personal relapse prevention plan

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Healthy, inclusive and harm-free communities