

Peer Support Groups



Peer Support Groups are a treatment option for consumers to gain connection with others that have a lived experience of their own alcohol and other drug (AOD) use. They are a place to be heard and feel understood by people who have experienced similar adversities and successes in their journeys.

The groups are a part of the award-winning Peer Support Plus program and are co-facilitated by Peer Support Workers with their own lived experience of AOD recovery.

WHICH GROUP IS FOR YOU?

Please discuss with your Cyrenian House counsellor or see the info below.

DROP IN PEER SUPPORT GROUP

WHEN MONDAYS 10AM TO 11:30AM

WHO IS IT FOR?

Open to anyone who is experiencing or has experienced issues with their own alcohol and/or other drug use. It is a safe, peer-led space that is non-judgemental and supportive. Harm reduction and abstinence pathways supported.

LIVING RECOVERY PEER SUPPORT GROUP

WHEN THURSDAYS 10AM TO 11:30AM

WHO IS IT FOR?

The group is designed exclusively for consumers of Cyrenian House services who have made positive gains in their treatment journey and are in the 'maintenance' stage of their recovery. It is a post-treatment option following the completion of one of our TC programs or for consumers who are looking for the next-step after extended out-patient counselling programs. It is an abstinence-focused support group.

** Please go to reception desk on arrival for first group.*

The Peer Support Groups:



Offer connection with others with a shared lived experience.



Offer support through the struggles and gains of recovery.