

Your recovery

“Recovery is a personal journey of discovery. It involves making sense of, and finding meaning in, what has happened; becoming an expert in your own self-care; building a new sense of self and purpose in life; discovering your own resourcefulness and possibilities and using these, and the resources available to you, to pursue your aspirations and goals.”

– Perkins et al. 2012

What our clients have said



“I feel safe and secure at group, the environment is always welcoming and supportive.”

“The recovery information I received in the group was extremely helpful. I finally know I can change and break this cycle.”

“The group gave me the support and tools I needed to overcome the challenges I was facing.”

“The staff at Odyssey are always friendly and helpful.”

Since 1977, Odyssey House NSW has been providing hope and inspiring positive change for individuals affected by the complexities of alcohol and other drugs.

**ODYSSEY HOUSE COMMUNITY SERVICES
CENTRAL EASTERN SYDNEY**

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40 YEARS
ODYSSEY HOUSE

Community Services

ALCOHOL AND OTHER DRUGS RECOVERY GROUP STAGE 1 & 2

ALCOHOL & OTHER DRUGS



40 YEARS
ODYSSEY HOUSE

Community Services

Odyssey House Community Services offers a diverse range of non residential programs and services for those affected by the complexities of Alcohol and Other Drugs.

These programs include: Counselling, Alcohol and Other Drugs Recovery Group Stage 1 & 2, Mental Health Recovery Group Stage 1 & 2 and Specialised Recovery Groups.

At Odyssey House NSW we understand the challenges that may be impacting the life and health of individuals, their friends, family and the wider community.

Our experienced team offers free individual and group counselling, support, information and education to people who are concerned about their own or a loved one's drug and/or alcohol use and the impact on their Mental Health.

Our Vision

A world free of addiction.

Our Mission

To build safe and healthy communities by reducing the impact of addiction on individuals, families, carers and communities.

Our Values

- Professionalism
- Creativity
- Respect
- Integrity

**ODYSSEY HOUSE COMMUNITY SERVICES
1800 397 739**

Phone our Assessment Team today to find out more about our services and program options that will support and assist you in your recovery journey.

Odyssey House Community Services provides the Alcohol and Other Drugs Recovery Group Stage 1 & 2 to those seeking assistance and support for alcohol and other drug issues.

Alcohol and Other Drugs Recovery Group Stage 1

The Stage 1 program provides support and educational groups to people who have not detoxed or who are currently detoxing. Participants are welcome to join the group at anytime of the Stage 1 program cycle. Our qualified counsellors will assist you in creating a personalised recovery plan including goals that you would like to achieve that will support your recovery.

Stage 1 participants will learn new skills and receive support with:

- Recovery information and services
- Personalised recovery plan
- Harm reduction strategies
- Lapse and relapse education
- Understanding misuse of alcohol and other drugs
- Weekly peer and counselling support

Alcohol and Other Drugs Recovery Group Stage 2

The Stage 2 program provides support and skills needed to sustain recovery.

Stage 2 participants will learn new skills and receive support with:

- Surviving relapse and building healthy habits
- Identifying and managing high-risk situations, triggers and cravings
- Understanding negative thinking patterns
- Stress management and relaxation techniques
- Problem-solving and goal-setting
- Identifying and building social support networks
- Weekly peer and counselling support

Qualified team

The Odyssey House Community Services team provides professional service and assistance.

Qualified counsellors and psychologists will guide you through your recovery in a safe and supportive environment, delivering a high level of care.

