

## ALCOHOL AND DRUG SERVICES AVAILABLE TO CANTERBURY RESIDENTS

### CHRISTCHURCH CENTRAL SERVICE (CCS) : AOD CO-ORDINATION

A telephone only coordination and resource service for alcohol and/or other drug issues.

**Hours:** Monday to Friday, 8.30am to 5.00pm

**Location:** Level 1, 55-59 Ferry Road, Christchurch, 8011

**Postal Address:** PO Box 7352, Sydenham, Christchurch 8024

**Telephone:** (03) 338 4437

**Fax** (03) 338 7427

**Email:** [chchaod@odysseychch.org.nz](mailto:chchaod@odysseychch.org.nz)

We accept referrals via post, fax and email from GP's and other community agencies and self-referrals via telephone.

- All referrals are contacted for a telephone screening.
- Consumers may be offered brief intervention, self-help information, support/education groups and referral to other agencies for individual counselling or intensive treatment programmes.
- Weekly meetings with alcohol and other drug (AOD) assessment agencies to allocate for comprehensive assessments.
- This service provides a link to all AOD treatment providers in Christchurch.
- This service can provide information regarding resource options for consumers, families and professionals.

**A comprehensive assessment is required for referral to residential treatment, Kennedy Detox Unit or the Christchurch Opioid Recovery Programme.**

(Last updated 14 January 2018)

## ASSESSMENT AND CASE MANAGEMENT SERVICES

**COMMUNITY ALCOHOL AND DRUG SERVICE (CADS)** An outpatient service providing comprehensive alcohol and drug assessment, treatment planning and advice on referral from health agencies or the probation service.

CADS provide assessments and individual or group outpatient treatment for people requiring assistance with moderate to severe alcohol and/or other drug dependence. The service is for people 18 years and over who have a moderate to severe coexisting mental illness which impairs their ability to function effectively in the community or impacts on the safety or wellbeing of themselves or others, or for people with opioid dependence who are requesting opioid substitution treatment. The service accepts referrals from Alcohol and Other Drug Central Coordination Service or from other Specialist Mental Health Services

**Hours:** Monday to Friday 8:30am to 5:00pm

**Location:**

Fergusson Building 15, Hillmorton Hospital, Sylvan Street, Middleton, Christchurch 8024

**Postal Address:** Private Bag 4733, Christchurch Mail Centre, Christchurch 8140

**Telephone:** (03) 335 4350 **Fax** (03) 335 4351

**CHRISTCHURCH OPIOID RECOVERY SERVICE (CORS)**

(Formerly known as Christchurch Methadone Programme)

An outpatient service which provides and coordinates OST prescribing and case management.

**Hours:** Monday to Friday, 8:30am to 5:00pm.

**Location:**

Fergusson Building 15, Hillmorton Hospital, Sylvan Street, Middleton, Christchurch 8024

**Postal Address:** Private Bag 4733, Christchurch Mail Centre, Christchurch 8140

**Telephone:** (03) 335 4350 **Fax** (03) 335 4351

## **Alcohol and Other Drug Assessment and Treatment Service (ADAS)**

**Location:** 98 Greers Road, Burnside, Christchurch 8053

**Telephone:** (03)358 2690

**Website:** [www.odysseychch.org.nz](http://www.odysseychch.org.nz)

**Email:** [adas.odyssey@xtra.co.nz](mailto:adas.odyssey@xtra.co.nz)

ADAS provides comprehensive assessments for those in prison and in the community, case management and treatment, as well as referrals to other agencies as needed. ADAS, in partnership with other AOD agencies, also offers triage and liaison with Community Probation Service as well as providing a Motivation and Education Group for Community Probation clients.

**Driving Change Programme** is a 10-session programme specifically for those with two or more Excess Breath Alcohol (or drug-impaired) charges or convictions.

### **65 ALIVE – Seniors AOD & CEP**

Home based community Service. Designed to enhance the quality of life of people 65 years and over, who are concerned about their AOD use.

Services offered include; comprehensive assessment and personalised treatment.

### **Christchurch City Mission**

**Location:** 276-284 Hereford Street

**Website:** [www.citymission.org.nz](http://www.citymission.org.nz)

### **Adult Alcohol and Other Drug Service**

**Telephone:** 365 0635

Offers brief intervention phone or walk in, comprehensive assessment and referral to relevant services, outpatient counselling, education, one-to-one work and relapse prevention. Self-referrals are accepted and via other services. Work with people who have AOD and mental health conditions.

### **Youth Drug and Alcohol Service**

**Telephone:** 371 0602

For people aged 12 to 25. Provides brief interventions and assessment for treatment if required, ongoing counselling, education and relapse prevention. Available to young people who have anxiety, depression and/or behavioural issues as a result of alcohol/drug use. Able to meet where needs are best suited, i.e. school, home or other service.

### **Salvation Army Bridge**

**Location:** 35 Collins Street, Addington, Christchurch 8053

**Postal Address:** PO Box 9070, Tower Junction, Christchurch 8149

**Telephone:** 338 4436     **Fax:** 338 4312

The Bridge Christchurch, along with several other alcohol and drug services, drop in group's outpatient and residential programmes, provides a comprehensive assessment and referral service.

### **He Waka Tapu**

**Location:** 161 Pages Road, Wainoni, Christchurch 8061

**Postal Address:** PO Box 15037, Aranui, Christchurch 8643

**Telephone:** 3738150 or 0800 HE WAKA

**Open:** Monday to Friday 9.00am – 5.00pm

**Website:** [www.hewakatapu.org.nz](http://www.hewakatapu.org.nz)

This service offers an inclusive comprehensive assessment service for Maori and/or those that feel they may benefit from a culturally focussed treatment process. He Waka Tapu does their own assessments. Self-referrals are accepted.

### Drop-In Centres / Groups / Peer Support:

#### Te Awhina 27

A recovery centre for alcohol, drugs and other dependencies. Support services include daily support groups, workshops, one to one AOD case management, peer support services, sober activities / recreation, art group

**Hours:** Monday-Friday, 9am-3pm

**Phone:** 338-4436 **Fax:** 338-4312

**Email:** christchurch\_bridge@nzf.salvationarmy.org

**Location:** 27 Collins Street, Addington, Christchurch 8024

**Postal Address:** PO Box 9070, Tower Junction, Christchurch 8149

Eligibility Age range: 18 years and over

(Last Updated Oct. 2017)

#### **Mixed Drop-In: Monday-Friday (9.00am-3.00pm)**

One "low key" daily group meeting (including stress management, men and women only support groups, relapse prevention and 12-step groups), held at 10.30pm and open to everyone. Consumers can self-present to this service.

#### Christchurch City Mission. Wahine Whai Ora, Women's Alcohol & Drug Service

Provides a community-based drug and alcohol day service programme for women who have issues related to their own or others, alcohol or other drug use. Interview assessment required. Age range: 17 and over

**Office hours:** 9am-5pm; **House hours:** 9.30am-4pm **Phone:** 371-0613 **Fax:** 371-2160

**Email:** wahinewhaiora@citymission.org.nz

**Location:** 275 Hereford Street, Christchurch Central, Christchurch 8011

**Postal Address:** PO Box 1032, Christchurch 8440

**Web Site:** (s) <http://www.chchcitymission.org.nz/>

**First Contact:** Judy Chappell **For information phone:** 371-0613 (continued on next page)

**Fax:** 371-2160

**Email:** wahinewhaiora@citymission.org.nz

**Location:** 276 Hereford Street

(Last updated March. 2018)

## **ALCOHOLICS ANONYMOUS (AA)**

AA is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism.

We hold over 60 meetings throughout Christchurch and the only requirement for membership is a desire to stop drinking.

AA memberships are free as we are self-supporting through our own contributions.

AA is not allied with any sect, denomination, politics, organization or institution, does not wish to engage in any controversy, neither do we endorse nor oppose any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

**Contact via phone 24 hours a day, seven days a week.**

**Telephone:** (03) 379 0860 **Free phone:** 0800 229 6757

**Email:** [chcaa@gmail.com](mailto:chcaa@gmail.com)

**Postal Address:** PO Box 2062

**Website:** [www.aa.org.nz](http://www.aa.org.nz)

(Updated 15 June 2016)

**Alcoholics Anonymous Christchurch Service Centre**, 1<sup>st</sup> Floor, 357 Gloucester Street, Linwood, Christchurch 8011 (in front of the men's clinic)

**Hours:** Monday-Friday (10.00am-2.00pm)

**Telephone:** 379 0860 or *0800 AA WORKS* (0800 229 6757)

There are meetings seven days per week in a wide range of locations at various times. For an up-to-date list of meetings and locations, contact service via above telephone numbers.

## Narcotics Anonymous 0800 NA TODAY (0800 628 632) <http://www.nzna.org>

Narcotics Anonymous is a Twelve Step program, adapted from the original Twelve Step program, Alcoholics Anonymous.

### About Narcotics Anonymous

Narcotics Anonymous is a fellowship of men and women for whom drug use has become a major problem.

The only requirement for membership is a desire to stop taking drugs. There are no dues or fees for N.A. (Narcotics Anonymous) membership; we are self-supporting through our own contributions.

NA (Narcotics Anonymous) is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.

Our primary purpose is to recover from drug abuse and help other drug users to recover from their addictions.

### Narcotics Anonymous Meetings

Find Narcotics anonymous meetings here:

- NA Meeting in NZ
- Worldwide NA meetings

### Recovery 24/7

Peer support group, an alternative to the 12-step. The group offers education and peer support to develop skills and strategies for self-management of own recovery. **Meetings are held Monday night's 7-8pm, currently at Tūhauora Christchurch Central Service AOD Co-ordination Level 1/ 55 – 59 Ferry Road, Christchurch Central, Christchurch 8011.**

### The Friday Group

Every Friday 12:30pm – 2:00pm at Oxford Tce Baptist Hall, Cnr Oxford and Madras Street. weekend planning around safe alcohol and drug use. Peer support with City Mission/Odyssey House oversight. Assisting to discuss safe behaviours for weekend. Food and refreshment.

**Contacts:** MHAPS 366 8288, Marc Beecroft 021 881752

### Engagement to Treatment with Peer Support

**Tūhauora Christchurch Central Service AOD Co-ordination Level 1/ 55 – 59 Ferry Road**

**On Mondays 10:00 – 12:00pm**, it's about letting people know what treatment and support pathways are available. This group is open to both consumers and family members. No referral process needed. AOD Central Coordination Services **Phone:** 338 4437. This is a peer led initiative: (Continued on next page)

## **What the group offers**

To support people entering the AOD system – to explore options in our sector

- Self-help groups – AA NA Recovery 24/7, Friday Group etc.
- Day Groups: IOP & BEP programs etc.
- Residential: Odyssey, He Waka Tapu, Nova, Bridge etc.
- Detox options: Home, Social and Medical.
- 1 to 1 support: City Mission, CBI
- Wider sector support including significant others.

## **SMART Recovery**

Self-Management and Recovery Training

Every Tuesday 06:00 – 07.30 pm, 59 Ferry Road, Christchurch Central, Christchurch 8011

### **What is SMART Recovery?**

SMART (Self-Management and Recovery Training)

Recovery is a free group program assisting any problematic behaviors, including addiction to drugs, alcohol, cigarettes, gambling, food, shopping, internet and others. Guided by trained peers and professionals, participants come to help themselves and help each other using a variety of cognitive behavior therapy (CBT) and motivational tools and techniques.

### **What to expect at meetings**

SMART Recovery meetings occur once a week for 90 minutes.

Every meeting is run by a trained SMART Recovery facilitator.

Focus on the addictive behavior, not the substance itself.

Participants identify goals and set their own achievable plan for the week ahead.

Meetings concentrate on the present and future, not the past.

Participants learn evidence based tools and techniques from CBT and motivational interviewing (MI) to apply to daily life.

**Location:** Tūhauora Christchurch Central Service AOD Co-ordination

Level 1/ 55 – 59 Ferry Road, Christchurch Central, Christchurch 8011



## RODGER WRIGHT CENTRE / NEDDLE EXCHANGE

**Telephone:** (03) 365 2293 Fax (03) 365 2508 **Email:** [manager@rwc.org.nz](mailto:manager@rwc.org.nz)

**Postal Address:** PO Box 22478

**Location:** 10 Washington Way, Christchurch, 8140

**Website:** [www.rwc.org.nz](http://www.rwc.org.nz)

(Updated 17 September 2017)

Our services include:

- Needle exchange service
- Health and harm reduction service
- Outreach service providing support, referrals, advice and workshops
- Peer education
- Afterhours electronic dispenser
- Hepatitis C Community Clinic
- Dedicated Maori outreach service
- Monthly rural outreach service to West Coast

**Hours:** Monday to Friday 9:00am - 10:00pm. Saturday 11:00am - 10:00pm.

Sunday 12 noon - 10:00pm. Public Holidays 12 noon to 8:00pm

## Telephone Contacts:

### **Alcohol Drug Helpline**

**Telephone: 0800 787 797**

The Alcohol Drug Helpline is an information, referral and intervention service.

The service offers confidential information, insight and support on any problem, issue or query a person has about their own or someone else's drinking or drug-taking. It can provide a call back service.

### **Meth Intervention Help Line**

Call the **Alcohol and Drug Helpline 0800 787 797** and request this. They can provide advice/support/detox information and can provide a series of call back phone supports and information over a series of weeks to clients.

**Websites:** [www.methhelp.org.nz](http://www.methhelp.org.nz)

[www.drughelp.org.nz](http://www.drughelp.org.nz) or [www.pothelp.org.nz](http://www.pothelp.org.nz)

## **RECOVERY HOUSE SUPPORT GROUPS**

### **DUAL RECOVERY ANONYMOUS**

**Hours:** Wednesday, 12:30pm

**Location:** Christchurch Central AOD Co-ordination, Level 1, 55-59 Ferry Road, Christchurch Central, Christchurch 8011

**For Information phone:** 03 338 4437

### **WAKA HAURORA, CULTURE GROUP**

**Hours:** Friday 11am-12noon

**Location:** Christchurch Central AOD Co-ordination, Level 1, 55-59 Ferry Road, Christchurch Central, Christchurch 8011

**For information phone:** 03 338 4437

### **WOMAN AND WELLBEING**

**Hours:** Wednesday 06:30pm-08:00pm

**Location:** Christchurch Central AOD Co-ordination, Level 1, 55-59 Ferry Road, Christchurch Central, Christchurch 8011

**For information phone:** 03 338 4437

### **PROBLEM GAMBLING**

**Hours:** Wednesday 04:00pm-06:00pm

**Location:** Christchurch Central AOD Co-ordination, Level 1, 55-59 Ferry Road, Christchurch Central, Christchurch 8011

**For information phone:** 03 338 4437

### **METH GROUP**

**Hours:** Tuesday 05:30pm-07:00pm

**Location:** Christchurch Central AOD Co-ordination Level 1, 55-59 Ferry Road, Christchurch Central, Christchurch 8011

**For information phone:** 03 338 4437

## **Structured Outpatient Programmes**

### **Christchurch Opioid Recovery Service (CORS)**

**Address:** Fergusson Building 15, Hillmorton Hospital, Sylvan Street, Christchurch 8140

**Telephone:** 335 4350

This service provides an outpatient treatment focused opioid substitution programme, with comprehensive case management. It offers methadone or suboxone and long term treatment (two to five years or more).

### **Salvation Army – Bridge Education Programme (BEP)**

**Address:** 35 Collins Street, Addington, Christchurch 8024

**Telephone:** 338 4436

**Hours:** Monday – Friday (8.00am – 5.00pm)

The service runs three times per week for two hours over four weeks. No assessment is required. BEP is aimed at clients with mild to moderate dependency issues. The focus is on drug education and strategies for change, goal-setting and communication.

### **He Waka Tapu**

**Address:** 161 Pages Road, Wainoni, Christchurch 8061

**Telephone:** 373 8150

**Hours:** Monday to Friday, 9.00am – 5.00pm

**Website:** [www.hewakatapu.org.nz](http://www.hewakatapu.org.nz)

Te Takahi Taniwha (Triple T) is a Harm Reduction programme for 3 hours x 8 weeks. He Waka Tapu offers an inclusive service for Maori and/or those that feel they may benefit from a culturally-focussed treatment process. He Waka Tapu does its own assessments.

### **Women and Wellness AOD**

An 8 session course for women to help them explore their AOD use. Runs 8 sessions, 2 per week. Harm reduction, relapse prevention, coping strategies and self-esteem work. Friendly women-centred environment. Self-referrals 03 281 7699 or agency referrals via

**Website:** Odyssey community services. [adas@odysseychch.org.nz](mailto:adas@odysseychch.org.nz)

## **Nga Kakapo Women's Day programme**

A programme (four days 09:45am-12:00pm) for 8-10 women for eight weeks who have moderate to severe substance use problems, Monday and Thursday 10-2pm with lunch provided. They are able to work with clients mental health problems such as PTSD, depression and anxiety and with women with children who have childcare needs to attend a group.

Held at 37 MacAuley Street Addington run by the Salvation Army addiction services. Referral via Christchurch Central Service AOD Co-ordination **Phone:** 338 4437  
Or 338 4436 Salvation Army.

## **North Canterbury Adult AOD Outpatient Service Rangiora**

Offered by City Mission location @ Wellbeing North Canterbury in Level 1 High Street Rangiora. Wednesday and Thursday 9-5pm. Assessment/referrals/support/education/one to one appointments. Self or service referral to Kate 0274688580 or [Rangiora@citymission.org.nz](mailto:Rangiora@citymission.org.nz)

## **Hapori Ora**

32 session group run in two streams, one during the day Mon to Thursday 10-12 noon and the other in evenings Mon & Wed 6-8pm and a Sat morning 10am-1200hrs. It is a rolling group so can join any time, with Peer and Whanau support as needed. Group is inclusive of cultural needs, utilizing on strengths and motivational interviewing, health, wellbeing, mood management, communication skills, healthy relationships, SMART recovery and outdoor therapy. Referral form can be located on Odyssey website and should be emailed to [haporiora@odysseychch.org.nz](mailto:haporiora@odysseychch.org.nz). **Contact cell:** 021 246 5348. Groups held at level I, 55-59 Ferry Road at CCS. Programme offered by City mission and Odyssey house.

## **Residential Programmes:**

### **Salvation Army Bridge Programme**

**35 Collins Street, Addington. Phone: 338 4436 (Contact: Janelle)**

A six-week residential programme with two weeks as day clients for males and females with a Community Reinforcement Approach focus.

### **St Mark's Addiction Residential Treatment Centre (Blenheim)**

**61 Main Street, Blenheim, Telephone: 03 578 0459 Website: [www.stmarks.co.nz](http://www.stmarks.co.nz)**

A twelve-week residential alcohol and drug treatment programme for males and females.

## **Odyssey House**

**Address:** 98 Greer's Road, Burnside

**Telephone:** 358 0950 (Admissions)

**Website:** [www.odysseychch.org.nz](http://www.odysseychch.org.nz)

Male only programme. Medium to long term residential, in a therapeutic community. Programme duration ranges from 3 months to 2 years, depending on the individual.

## **Nova Recovery**

**Address:** 43 Newton's Road, Templeton,

**Telephone:** 349 2053

Long term treatment programme for males and females with severe dependence, who have previously undertaken a number of residential alcohol and drug treatments and have been unable to remain abstinent. 3-6 month residential treatment.

## **He Waka Tapu**

**Address:** 161 Pages Road, Wainoni, Christchurch 8061

**Telephone:** 373 8150

**Hours:** Monday to Friday 9.00am – 5.00pm

**Website:** [www.hewakatapu.org.nz](http://www.hewakatapu.org.nz)

The Mauri Ora experience is a 6-week residential programme for people aged 18 and over who have moderate to severe Alcohol and/or other drug abuse issues and want to stop using Alcohol and/or other drugs completely

## **Moana House (Dunedin)**

**Address:** 401 High Street, Dunedin.

**Telephone:** 03 477 0842

**Website:** [www.moanahouse.org.nz](http://www.moanahouse.org.nz)

Male only. Consumers with extensive criminal offending histories, who have been declined by Odyssey House, can be referred for consideration. Programme has strong cultural focus.

## **Detox:**

### **Kennedy Unit**

**Address:** Fergusson Building 15, Hillmorton Hospital. Sylvan Street, Christchurch 8042

**Telephone:** 339 1139

A facility providing inpatient medical detoxification for consumers who are unable to detoxify safely without medical supervision. This would include consumers detoxifying from alcohol, who have a history of withdrawal related seizures and consumers detoxifying from benzodiazepines or opioids. In most circumstances, access to medical detoxification would be arranged only as part of a treatment plan, with the consumer linking to an arranged treatment programme post-detox.

### **Thorpe House**

**Address:** 275 Hereford Street, Christchurch

**Telephone:** 379 1682

**Website:** [www.citymission.org.nz](http://www.citymission.org.nz)

**Social detoxification:** A residential non-medical detoxification centre for men and women aged 17 years and over, detoxifying from alcohol (dependent on amount: must have no previous seizure history), amphetamines, opioids (dependent on amount), cannabis. No benzodiazepines or sedatives. People can stay between five days and three weeks (negotiable). Consumers can phone directly to organise a screening at Thorpe House.

**Respite:** Thorpe House has a respite bed, which can be accessed by people at risk of relapse.

### **Home Detox Service**

**Address:** 275 Hereford Street. Christchurch Central

**Telephone:** 371 2162 or 027 5320580

**Website:** [www.citymission.or.nz](http://www.citymission.or.nz)

Provides detox services, where suitable to people within the home environment in conjunction with client's own GP.

- ▶ Aged 17 years and over.
- ▶ Stable home environment with support person.
- ▶ Support while detoxing including monitoring on day-to-day basis.
- ▶ Provide information, education and brief interventions.
- ▶ Opiate and benzodiazepine countdowns.
- ▶ Follow-up visits.

## **Family & Client Support Agencies:**

### **■ Familial Trust**

We provide a variety of services to anyone affected by a loved one's addiction. This ranges from one on one counselling, support and education through to intensive outpatient programmes. Our staff consists of trained and experienced consumers.

**Hours:** Monday to Friday 9.00am – 5.00pm

**Phone:** (03) 981 1093

**Email:** [info@familialtrust.org](mailto:info@familialtrust.org)

**Web:** [www.familialtrust.org](http://www.familialtrust.org)

**Address:** 6 Wilsons Road, St Martins, Christchurch, 8022

(Updated 14 June 2016)

### **■ Al-Anon, Alateen**

A 12 step support fellowship for families and friends of alcoholics. We can offer hope and support to those affected by someone else's drinking. Daily meetings, telephone support, one on one sponsorship and literature.

**Phone:** (03) 377 2219

**Email:** [office@al-anon.org.nz](mailto:office@al-anon.org.nz)

**Web:** [www.al-anon.org.nz](http://www.al-anon.org.nz)

(Updated 23 May 2017)

### **■ Family Support workers at Salvation Army**

One on one support for family whānau affected by addiction.

**Phone:** 3384436 Ask for Lauren Irvine 7.30am to 4pm or Dawn Gatenby 9am to 1pm Christchurch

### **■ Addiction Advocacy Service at MHAPS**

We assist people who experience substance addiction/mental distress/illness offering support in dealing with addiction services or agencies such as CYFS now Oranga Tamariki, WINZ. Supporting you in having your say, acknowledging your rights towards finding solutions or to make a complaint.

**Hours:** Monday to Friday 9:00am – 4:30pm

**Phone:** (03) 365 9479

**Text:** 022 370 8055

**Rural Phone:** 0800 437 324

**Email:** [reception@mhaps.org.n](mailto:reception@mhaps.org.n)

**Web:** [www.mhaps.org.nz](http://www.mhaps.org.nz)

### ■ **Be Smart**

Open group, held weekly Fridays 10:30am- 12:00pm

To assist anyone affected by addictive behaviour of someone close to them

**Contact:**

**Address:** 59 Ferry Road Christchurch 8013

**Phone:** 338 4437

### ■ **Hepatitis C Community Clinic**

**Address:** 10 Washington Way Christchurch

**Hours:** Monday –Friday 8.30am – 3.30pm

**Phone:** 377 8689

**Email:** [hepc@rwc.rog.nz](mailto:hepc@rwc.rog.nz)

Provides a service to address the needs and improve the health outcomes of those affected by hepatitis C in the community. Clinic has a nurse specialist supported by a GP, social worker and peer support. Referral by self, any health or social agency.

### ■ **Comcare AOD housing services**

**Telephone:** 982 -7147

**Fax:** 982 -7150

**Email:** [housingsolutions@comcare.org.nz](mailto:housingsolutions@comcare.org.nz)

Assist's people who are receiving or leaving treatment for alcohol & or drug issues with obtaining or retaining housing. Referral can be made by AOD residential treatment service, or any CDHB funded service.

### ■ **Mindfulness Practice Group**

An open group held weekly to focus on mindfulness and recovery.

**Contact:** Christchurch Central Services

**Phone:** 03 338 4437