

Peer Support Groups



A safe environment to gain insight and strength from shared experiences.

Windana's Peer Support groups are open to anyone aged 18+ who has experienced alcohol and other drug challenges.

These are ongoing, open groups – you can come as often as you need.

The group is **free**.

Group locations and times

- **88 Alma Road, St Kilda** on Mondays 1:00pm – 2:30pm
- **31 Playne Street, Frankston** on Fridays 2:00pm – 3:30pm.

You can also join via Zoom:

- Meeting ID: 997 6241 1121
- Password: 819144

Or, scan the QR code on back.

Please note groups start on time and can not accept late arrivals.

“In our Peer Support groups, you can ask for feedback and share ideas that support your recovery.”

- Peer Leader





What happens in groups?

Peer Support groups are a place where you can talk about the things that affect you, learn from others, find common ground and encourage your peers to make positive changes.

Each person introduces themselves and shares how they're feeling. After a member shares, they are asked whether they are open to hearing feedback from the group. This discussion is the main part of the meeting, where you can discuss topics such as emotions, family, relationships, health, study, work, goals and more.

You can also speak to the Peer Leader for extra support/resources at the end of the meeting.

How can Peer Support make a difference in my life?

Peer Support gives you an opportunity to identify and reach your goals, meet positive role-models, find a sense of belonging, learn new skills, grow your confidence and learn about other supports - while helping others too.

The only requirements for joining are a willingness to participate by sharing experiences of recovery and a commitment not to be substance affected when you attend the group.

Link to join via Zoom:



For more information (and to confirm latest group times)
windana.org.au/services/peer-support-group/
windana@windana.org.au | **03 9529 7955**

Alcohol and other drug counselling and referrals are also available 24/7 by calling DirectLine on **1800 888 236** or visiting directline.org.au