



# ResetLife for Adults

**Do you struggle with alcohol  
and other drugs?**

ResetLife is a **free** program for people aged 18 and over in South East Melbourne, helping you stay free from drug and alcohol harms and work towards your goals.

ResetLife operates from **2/7-9  
Bakewell Street, Cranbourne.**

*“I have goals and slowly but surely I achieve them, I am capable of anything. I have a whole toolshed of emotional and social tools I use daily to better face the highs and lows of life. I know my thoughts aren’t facts and I don’t need to be reactive to my feelings”*

*- ResetLife Adult participant*





## How does ResetLife Adult work?

For 16 weeks, three times per week, you'll attend groups to help you grow in three main areas:

- Early recovery skills
- Relapse prevention
- Addiction education.

You'll also have individual counselling, and can participate in family/support person joint sessions.



We also offer optional education for your family/support person.

## What happens after the 16 weeks?

By completing the 16-week intensive program, you'll graduate and have access to 36 weeks of continuing care, getting the support you need to stay free from drug and alcohol harms and stick to your goals.

## How can I join?

You can join ResetLife Adult at any time. You can contact us directly (self-refer), or you can be referred by a family member, a GP or other health professional (always with your consent).



### For more information

[windana.org.au/services/resetlife-adult/](https://windana.org.au/services/resetlife-adult/)  
[resetlife@windana.org.au](mailto:resetlife@windana.org.au) | **03 9532 0811**

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