



Thrive

Thrive is a weekly education and support group designed to help you better understand addiction and build practical skills for long-term recovery in a safe, friendly and respectful space.

You must be a current Windana client to attend – speak to your Windana worker to find out more.

Topics we cover in Thrive include:

- Managing triggers and cravings
- Emotional regulation skills
- Relapse prevention planning
- Healthy relationships and boundaries
- Building a meaningful life in recovery

“I look forward to Tuesdays because of this group. Not only have I met lovely participants but I feel that I am learning so much too about my addiction and about myself.”

- Thrive participant

Thrive runs every **Tuesday, 1.00 - 2.30 pm at 31 Playne Street, Frankston.** For referrals or enquiries please contact **Jo Ford** on **0466 342 384** or at **joanne.ford@windana.org.au**. Find out more at windana.org.au

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