



# Wayfinder Program

**Groups** and **one-on-one support** for people at different stages of their journey with alcohol and other drugs.

The Wayfinder Program can help you build **life skills, recovery skills** and **connections in the community** to help you reach your goals.

## Key points about Wayfinder

- It's free
- Program runs at **SECADA** (314A Thomas Street, Dandenong), **Windana** (88 Alma Road, St Kilda) and **TaskForce** (2/7-9 Bakewell Street, Cranbourne)
- Program goes for 12-weeks (three months).

### During your program, you can:

- Attend groups with other clients (groups run two days per week)
- Go to individual sessions with a Counsellor
- Receive support from Peer Workers
- Dial-up or dial-down the amount of support you receive, based on what you need.



## What are the groups about?

Groups aim to help clients overcome effects of isolation by promoting **social connection**. They explore many interesting and useful topics, including:

- Health (physical, mental, emotional and social)
- Building self-belief
- Good relationships
- Work, money, home life and more.

## Coming to Wayfinder

We accept referrals from clients (self-referral), doctors, alcohol and other drug workers and other health/community services.

For more information or to talk about referral, contact us (**SECADA**) on **1800 732 232** or email [tamara.eldridge@windana.org.au](mailto:tamara.eldridge@windana.org.au).

We're available Monday to Friday between 9am and 5pm.

For **24-hour** drug and alcohol counselling, support and referrals, call **DirectLine** on **1800 888 236** or visit [www.directline.org.au](http://www.directline.org.au).

[www.secada.org.au](http://www.secada.org.au)

This program is supported by South Eastern Melbourne Primary Health Network, and delivered by the South Eastern Consortium of Alcohol and Drug Agencies (SECADA).

