



Windana Group Timetable

Alma Road Community House, 200 Alma Road St Kilda

Day	Time	Group
Monday	11.00am - 12.00pm	YOGA Bookings essential. Please call 9529 7955. Participating in yoga as part of your alcohol and other drug recovery can help reduce stress, anxiety and chronic pain.
Monday	1.00pm - 2.30pm	PEER SUPPORT GROUP No booking required. Our Peer Support Group can make a positive difference in your life by helping you build hope for reaching your goals (recovery, work, family, health, or anything else you want to achieve), provide you with positive role models and offer a welcoming place to meet new people. Peer Support Groups give you an opportunity to talk about the things that affect you, learn from others, find common ground and encourage your peers to make positive changes.
Tuesday	10.30am - 12.00pm	RISE No booking required. Current Windana clients only. Rise (Regulate Internal Systems and Emotions) supports emotional regulation to support recovery and wellbeing. Rise helps participants manage emotions, handle cravings and prevent relapse. We focus on practical strategies to explore emotional regulation techniques, de-escalation tools, and ways to increase meaningful community engagement and support networks.
Tuesday	1.30pm - 3.00pm	SMART Recovery No booking required. SMART Recovery supports people to change their behaviours around alcohol and other drugs, gambling, and other concerns. An experienced peer facilitator or AOD clinician will begin each session by checking in to see how your previous week has been, before leading discussion around behaviour change and supporting participants to share solutions with each other. By the end of each session you will have a 7-day plan for the next week in line with your behaviour change goals.

A NOTE ABOUT ACUPUNCTURE

Our community acupuncture clinic will continue on Tuesday evenings from Wattle Grove (344 Dandenong Road, St Kilda East). Please call 9529 7955 for available times.

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WINDANA
Life. Changing.