

Hapori Ora

Elements of the Programme:

- » Group content is inclusive of client's cultural needs.
- » Utilising strengths and motivational interviewing techniques.
- » Education about alcohol and other drugs
- » Health and well-being, mood management, communication skills, healthy relationships, SMART recovery and outdoor therapy.
- » Additional therapeutic groups, eg mindfulness, art therapy.



CHRISTCHURCH
City Mission
TE WHARE MIHANA KI ŌTAUTAHI
“Our City at Heart.”

021 246 5348

haporia@odysseychch.org.nz

Level 1, 55-59 Ferry Road

Christchurch 8011

Information for Participants:

- » 32 session group offering holistic support around alcohol and drug treatment needs.
- » Groups will be run in two streams, one during day (Mon to Thurs, 10am - 12noon), the other in the evenings (Mon & Weds, 6 - 8pm), and on a Saturday morning (10am - 12noon) so that you can attend outside of work hours if necessary.
- » This is a rolling group - participants can join at any time.
- » Peer support and whanau support provided as needed.
- » You will have individual treatment and recovery planning sessions pre, post and during the group.
- » You will have a graduation and will be linked with on-going support in the community when you complete the group.

Information for Referrers:

- » All referrals must be accompanied by a referral form (available on the Odyssey website), a recent brief assessment and client consent.
- » Referrals should be emailed to haporiora@odysseychch.org.nz

