



## Elements of the Programme:

- » Offering holistic support around alcohol and other drugs treatment needs
- » Utilising strengths and motivational interviewing techniques.
- » Health and well-being, mood management, communication skills, healthy relationships, SMART recovery and outdoor therapy.
- » Group content is inclusive of clients cultural needs.
- » Additional therapeutic groups, eg mindfulness, art therapy.



03 338 4437

[haporiora@odysseychch.org.nz](mailto:haporiora@odysseychch.org.nz)

49 Carlyle Street, Sydenham

Christchurch 8023