



Dianella

lithgow
term 4 | 2023

11:00 - 12:30 **SMART Recovery (MIXED) | WEEKLY to December 18**
Please email kate.johnson@llw.org.au to enrol.

MONDAY

11:00 - 12:00 **Mindful Recovery | 6 Weeks | October 24 to November 28**
With make your own smoothies!
Please email anthony.rake@llw.org.au to enrol.

TUESDAY

11:00 - 12:30 **Reframe | 8 Weeks | October 12* to November 30**
*Including group excursion on October 26 to attend local event - She Is Not Your Rehab!
Please email karla.priestley@llw.org.au to enrol.

THURSDAY

11:00 - 12:30 **SMART Recovery (WOMEN) | WEEKLY | October 20 to December 22**
Please email kate.johnson@llw.org.au to enrol.

12:30 - 2:30 **Women's Social Drop In | WEEKLY | October 20 to December 22**
Please email karla.priestley@llw.org.au with any queries.

FRIDAY

Women's Health Service

Please call the Blue Mountains Women's Health and Resource Centre on **02 4782 5133** to make an appointment.

Counselling for Women and Parents

Please call the Blue Mountains Women's Health and Resource Centre on **02 4782 5133** to make an appointment.

HEP-C Testing and Naloxone Training (Outreach)

Please call NUAA on **02 4734 3996** to make an appointment.

**BY
APPOINTMENT**

SEE REVERSE FOR GROUP DESCRIPTIONS!

**FOR REFERRALS TO OUR SERVICE PLEASE CALL 1300 727 957
OR EMAIL DIANELLA.COTTAGE@LIVESLIVEDWELL.ORG.AU**



Dianella Cottage Lives Lived Well acknowledges the Wiradjuri Peoples as the traditional owners & custodians of the land on which we work. Sovereignty was never ceded.
Always Was and Always Will Be Aboriginal Land.

program and service information

- SMART RECOVERY MIXED** A peer support group designed to assist you move towards the changes that you want to achieve in your life. This group runs weekly and is open to all community members.
- SMART RECOVERY WOMENS** A peer support group designed to assist you move towards the changes that you want to achieve in your life. This group runs weekly and is open to ALL women. Registration is essential.
- MINDFUL RECOVERY** This group program supports you with practical tools and knowledge to support building and maintaining a healthy lifestyle that your recovery will thrive on.
- REFRAME** This evidence-based group program supports you in enhancing your understanding of how our thoughts, emotions, behaviours and body states shape our daily experiences and decision-making. Registration is essential.
- WOMEN'S DROP IN** A weekly space for women to drop in, have a yarn and a cuppa together! All women welcome.
- HEP C TESTING AND NALOXONE TRAINING** Service provided on an outreach basis. A project of the Nepean Blue Mountains Local Health District which includes testing and education on blood borne viruses, and training on how to administer Naloxone for overdose prevention.
- WOMEN'S HEALTH SERVICE** A service provided by the Blue Mountains Women's Health and Resource Centre, offering confidential and non-judgemental information and education, testing, scripts, and referrals for a wide range of women's health topics, including contraception, pregnancy, sexual health, cervical and breast screening, menstrual cycles, and menopause.
- COUNSELLING FOR WOMEN AND PARENTS** A counselling and social care service provided by the Blue Mountains Women's Health and Resource Centre. This service is open to all women, as well to parents who are experiencing parenting challenges.

Dianella Cottage - Lives Lived Well

Dianella Cottage provides a non-residential treatment service for people with co-occurring substance and mental health issues in the Blue Mountains and Lithgow regions. Dianella Cottage works within a harm minimisation framework.

We provide intensive drug and alcohol treatment in the form of counselling, group work and case management in a community setting. Our services are free to access. Referrals accepted by individuals, families, health professionals and community organisations.

Please phone **1300 727 957** for more information.