



# Dianella

katoomba  
term 4 | 2023

**10:00 - 1:00 The Basics | 1 Day | October 16 & December 4**  
Email [alex.dangaard@llw.org.au](mailto:alex.dangaard@llw.org.au) to register.

**10:00 - 12:00 Reframe | 6 Weeks | October 23 to November 27**  
Email [keris.macarthur@llw.org.au](mailto:keris.macarthur@llw.org.au) to register.

**3:00 - 4:00 Healthy Recovery Lifestyle | 5 weeks | November 6 to December 4**  
With make your own smoothies!  
Email [pia.storey@llw.org.au](mailto:pia.storey@llw.org.au) to register.

**4:00 - 5:30 SMART Recovery (MIXED) | WEEKLY until December 18**  
Email [kate.johnson@llw.org.au](mailto:kate.johnson@llw.org.au) to register.

**MONDAY**

**10:30 - 11:30 ADHD and Neurodiversity Peer Support Group**  
2nd & 4th Tuesday of each month until December 12  
Email [alex.dangaard@llw.org.au](mailto:alex.dangaard@llw.org.au) to register.

**12:00 - 1:00 Mindful Art & Craft | WEEKLY until December 19**  
Email [kate.johnson@llw.org.au](mailto:kate.johnson@llw.org.au) to register.

**TUESDAY**

**10:00 - 12:00 Grit | 7 weeks | October 11 to November 22**  
Email [pia.storey@llw.org.au](mailto:pia.storey@llw.org.au) to register.

**WEDNESDAY**

**10:30 - 12:00 SMART Recovery (DIVERSE) | WEEKLY until December 21**  
Email [keris.macarthur@llw.org.au](mailto:keris.macarthur@llw.org.au) to register.

**12:15 - 1:30 Journal Club | WEEKLY until December 21**  
Email [alex.dangaard@llw.org.au](mailto:alex.dangaard@llw.org.au) to register.

**10:00 - 3:00 Hep C Testing, Education and Naloxone Training**  
1st and 3rd Thursday of each month.

**THURSDAY**

**SEE REVERSE FOR GROUP DESCRIPTIONS!**

**FOR REFERRALS TO OUR SERVICE PLEASE CALL [1300 727 957](tel:1300727957)  
OR EMAIL [DIANELLA.COTTAGE@LIVESLIVEDWELL.ORG.AU](mailto:DIANELLA.COTTAGE@LIVESLIVEDWELL.ORG.AU)**



Dianella Cottage Lives Lived Well acknowledges the Dharug and Gundungurra Peoples as the traditional owners & custodians of the land on which we live, work and play. 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 DIVERSE** 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 people of marginalized genders and sexualities, including the LGBTQ communities and ALL women. Registration is essential.

**THE BASICS** This essential one day introductory workshop will equip you with the fundamental knowledge and tools for your recovery, including harm minimisation, building and maintaining motivation, treatment planning and relapse prevention.

**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.

**GRIT** This evidence-based program supports you to enhance your well-being through exploration of the mind-body connection, social supports, self-acceptance, life purpose and personal growth. Registration is essential.

**HEALTHY 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.

**NEURODIVERSITY PEER SUPPORT AND SKILLS** A peer support group for people who are neurodivergent (ADHD, autism, dyslexia, acquired brain injury and similar) to connect and share experiences, knowledge, skills and strategies in overcoming common challenges around memory, executive functioning, maintaining focus and attention, time management, and planning.

**MINDFUL ART & CRAFT** Drop in and have a cuppa while doing some drawing, doodling, crafting, or bring your own project!

**JOURNAL CLUB** This weekly group program supports you to develop your self-awareness and insight through some quiet self-reflection and learn to apply a range of journaling tools and techniques for your recovery.

**HEP C TESTING AND NALOXONE TRAINING** 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.

## 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.