

If you or someone you know needs help, call our service for a free and confidential assessment.

Our staff are available between 9.00am and 4.30pm to answer your questions about our program and work with you to decide the best treatment plan or referral possible.

Call us now on (02) 8572 7433 or (02) 8572 7444 or visit us online at [whos.com.au](http://whos.com.au)



## NEW BEGINNINGS For Women Seeking Recovery

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For Women  
Seeking Recovery

# The Program

WHOS® New Beginnings is a residential Therapeutic Community (TC) for women set in the tranquil and heritage grounds of inner Sydney. Its goal is to help women find freedom from alcohol and other drug dependence (AOD) and discover a better way of living.

The Therapeutic Community's aims is to provide a safe and secure environment where women who suffer from alcohol and other drug dependence and its related problems can concentrate on their recovery.

## WHOS PROGRAMS

Residents are encouraged to take on increasing levels of responsibility in the running of the New Beginnings Community. As a resident moves through the various stages of the program they receive increased levels of personal freedom and gain greater awareness of the effect their behaviour has on themselves and the community around them.

**"I can't believe how far I've come and I feel I deserve it because I've put the action in. This would not have been possible if I didn't come to WHOS® New Beginnings and I would most likely be dead. I am so grateful to this program and the people who have helped me along the way."**

NEW BEGINNINGS RESIDENT

# Treatment

<b>90 DAYS</b> DURATION	<b>THERAPEUTIC COMMUNITY:</b> Looking inward and understanding your dependence issue
<b>120 DAYS</b> DURATION	<b>TRANSITION:</b> Moving from the therapeutic community to semi independent living – Pre employment/education
<b>AS REQUIRED</b>	<b>EXIT STAGE:</b> Living independently in the wider community. Residents move from transitional accommodation into the broader community

## THINGS TO CONSIDER

- Minimum age is 18 years
- Please discuss your detox needs with staff
- If you have medical and/or mental health needs that need specialist care or supervision please discuss with our staff to make sure we have the resources to meet your needs
- Court/legal business will need to be deferred for the first six weeks of the program. We may be able to assist with deferment

## ACTIVITIES

Group work and individual support is provided by AOD workers who deal with the specific needs of women.

- AOD dependence education and relapse prevention
- Women's health support and education
- Relationship skills, parenting, self esteem building
- Stress management
- Harm reduction including infection disease education
- Skills based education

# Details

## OTHER COMPLEMENTARY ACTIVITIES

- External recovery based support networks
- Regular structured exercise
- Wellness training

In addition there are a wide range of community based social gatherings and shared activities which help to build a sense of collaboration and support.

## ADMISSIONS PROCESS

Initial assessments are carried out over the phone by staff Monday to Thursday 9.00am to 4.30pm.

If eligible you will be required to come to the service for a face to face interview and potential admission.

For more information please contact WHOS® New Beginnings staff on (02) 8572 7433 or general (02) 8572 7444.

## COSTS

WHOS® Services are mostly funded by State and Federal Governments. However to cover costs not provided by funders it is necessary to charge a fee from your benefit entitlement for your first 4 months. After 4 months, you will only need to contribute for food and accommodation.