

WHOS Hub® - Nambour

For individuals seeking community based pre and post treatment support for their alcohol and other drug issues (AOD)

We Help Ourselves (WHOS®)

Shop 8, Centenary Square
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Email: nambour.hub@whos.com.au
Web: www.whos.com.au

WHOS®
helping people help themselves

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

Our staff are available Monday to Friday between 9am and 5pm to answer your questions about our services and work with you to develop the best care plan or referral possible.

Call us now on (07) 5476 0877
or visit us online at whos.com.au



**Pre & Post Treatment
Day Program**

WHOS HUB®
Sunshine Coast

The Service

WHOS Hub – Nambour welcomes anyone seeking help with a substance or alcohol use problem, in a safe, non-judgemental environment. Our services are designed to assist people on their recovery journey, no matter what stage they are at.

Pre and Post Treatment

Pre-treatment offers support through group work and case management while preparing to enter WHOS Najara residential service. Groups run 3 days per week for 3 hours.

Post treatment offers support for people who have left the residential service, providing case management and group work, topics include budgeting and employment readiness.

“WHOS Nambour Hub had given me good insight into how important connection is, I feel safe knowing I have the Hub there if I need support. The staff were wonderful providing me with hope and positive direction every step of the way”

Service Consumer

The Program

Things to consider

WHOS provides a comprehensive assessment and referral service, as well as the day program which consists of group work and individual support provided by experienced drug and alcohol workers.

The three service streams offered are:

1. Referrals to relevant services
2. Case management – appointment based
3. Day Program – Group work over 6 week cycle plus individual support sessions.

The day program operates on a six-week rotating cycle which includes group work and individual support sessions

Group work covers:



Details

Application Process

Initial assessment will be by telephone. If our service is suitable for you, you will be required to come to the service for an interview.

For more information please contact the WHOS Hub Nambour staff on (07) 5476 0877.

Of Note

- Free to attend
- Lunch provided free of charge
- Minimum age is 18 years.