

**If you want to stop using alcohol and/or other drugs (AOD), reduce your use or need help with other problems relating to your AOD use, we can work with you.**

**We will support you to make positive changes in your own and your family's lives or support you if you are struggling with a loved ones AOD use.**



## **Are you, or a loved one, having difficulties with alcohol and/or other drug use?**

### **Counselling**

Qualified counsellors work with you and your family to help make positive changes.

Counsellors can help with:

- Managing problematic alcohol and/or other drug use (AOD)
- Developing healthy coping strategies to replace alcohol and drug use
- Connecting you with other helpful services

If you are being impacted by a loved one's use of alcohol and/or other drugs, counselling can help with:

- Supporting your wellbeing
- Identifying your own needs
- Increasing healthy coping strategies
- Connecting you with other helpful services



**Counselling fees are \$40 for full time workers/ \$20 for part-time workers/ \$10 concession card holders.**

*Fees can be negotiated.*

### **Support Groups**

We have a number of different groups each term. Our groups can give you additional support in areas such as:

- Relapse Prevention
- Mindfulness
- Social groups
- Therapeutic groups

You will meet others experiencing similar difficulties, our groups are also a place to learn new skills.



**Open Groups – Gold coin contribution.  
Closed Groups – \$20 per term.**

*Fees can be negotiated.*



## **Are you parenting or pregnant and using alcohol and/or other drugs?**

We have two programs that can help you if you want to:

- Stop or reduce your use of alcohol and/or other drugs,
- Stay in recovery
- Get help with other problems relating to your AOD use.
- Connect to other helpful services

### **PEPISU- for women who are pregnant or parenting children 12 and under**

PEPISU provides low cost individual alcohol and other drug counselling. PEPISU offers one to one parenting support, links to services and therapeutic group activities.

*Fees can be negotiated.*

### **Nurturing Families- for women who are pregnant or have a child under 3 years**

This is a free program that provides women with home visits and help for approximately 2 years. We provide counselling, advocacy, and parent support. We also help families connect with community services.

## Court Diversion and Community Justice Service Programs

We are a WA Diversion Program treatment provider. We offer a range of free individual, couple or family support services including counselling and groups for women participating in:

- the Pre-Sentence Opportunity Program (POP),
- Supervised Treatment Intervention Regime (STIR),
- The START Court, or
- the Perth Drug Court

You can ask to be referred by the Diversion Officers in the metropolitan courts.

## Community Justice Services

If you are being supervised by the Department of Corrective Services, we provide a range of low cost support services and groups to women and their families affected by AOD use. Individual, couple and family counselling are available.

You can ask to be referred by a CJS officer.



## Appointments and Groups

We have offices in:

Northbridge                  Fremantle  
Joondalup                      Thornlie

Evening appointments are available.

### Do I need a referral? How do I make an appointment?

You do not need a referral for any of these programs.

You can ring 6330 5400 to make an appointment in **Northbridge, Fremantle or Thornlie.**

For appointments in **Joondalup**, ring 9300-1566.

**Creche and Interpreter Services available.**  
**Videoconferencing and phone appointments available for rural clients.**

## Information for Workers

GPs, mental health clinics, health professionals and community workers are welcome to refer.

Workers wanting to refer to **Northbridge, Fremantle or Thornlie** can:

- e-mail us at [aodduty@whfs.org.au](mailto:aodduty@whfs.org.au)
- **phone** us on **6330-5400** or
- **fax** us on **6330-5499.**

Workers wanting to refer to **Joondalup** can:

- e-mail us at [aoddutyjoondalup@whfs.org.au](mailto:aoddutyjoondalup@whfs.org.au)
- **phone** us on **9300-1566** or
- **fax** us on **9300-1699**

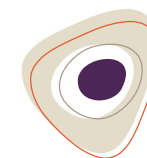


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# Alcohol and other drug services



womens health  
& family services

Supporting and empowering women,  
families and communities

[www.whfs.org.au](http://www.whfs.org.au)