

# The Windana Philosophy

We believe that **change** and **growth** are possible in all individuals as long as they so **choose**.

We acknowledge the **diversity** in the nature of **individuals** and the many aspects of their lives – physical, psychological, spiritual and social.

We therefore will be **holistic** in our attitudes, **universal** in our approach and provide as many facilities, options and stratagems as possible.

We will ensure that not just one aspect of life or one single basis for change will dominate the whole.

We believe that growth is an on-going learning process and that it will be sustained by providing a **safe, caring** environment where new behaviour and ideas can be freely experienced in an **open, honest interaction** with the whole Windana Community.



Drug & Alcohol Recovery

**Windana Society Inc.**

ABN 68 398 137 238

88 Alma Road (PO Box 372) St Kilda Vic 3182

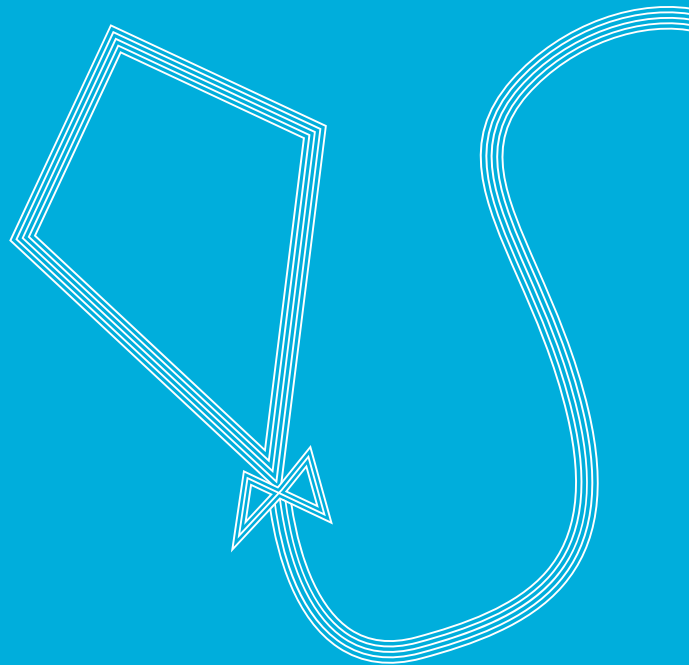
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Website : [www.windana.org.au](http://www.windana.org.au)



## Peer Support



*Windana is a fully registered not for profit organisation  
with no religious or political affiliations.*

# Group timetable

Be welcomed at any of the following groups:

## Tuesday Morning 10:15 – 11:30am

84 Foster St, Dandenong  
(next to train station)

## Tuesday Night 6:00 – 7:30pm

Windana Head Office  
88 Alma Rd, St Kilda  
(Cnr Chapel St)

## Thursday Morning 11:00 – 12:30pm

South Peninsula Community Support  
878 Point Nepean Rd, Rosebud  
(entrance at rear of building)

All are welcome to drop in and have a tea or coffee.

## What is peer support?

Peer support is a group that aims to provide the chance to speak up about the things that affect us as we recover from harmful drug or alcohol use.

This is a safe but challenging environment in which to gain insight and strength from shared experiences.

Please do not attend group if you are intoxicated.

## Addiction is hard to deal with...

In Peer Support we explore the opportunities and challenges in dealing with life-style changes while gaining a sense of well being and hope for ourselves and our future – beyond alcohol and drug use.

## Contact Person

For more information on our peer support groups please contact [windana@windana.org.au](mailto:windana@windana.org.au) or Phone 03 9529 7955