

# At the Windana Therapeutic Community

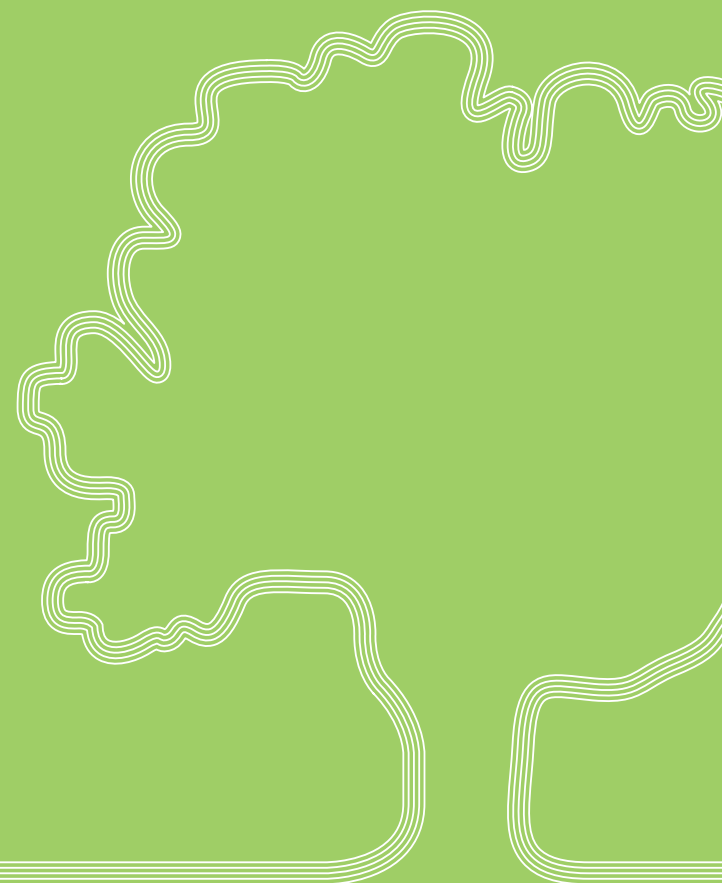
The Therapeutic Community provides a drug and alcohol free, safe environment that offers each person healthy behavioural and attitudinal boundaries, and supports change through positive reinforcement and role modelling.

The community supports each of its members to develop improved well-being increased self worth and a greater sense of belonging.



windana

Therapeutic  
Community



windana

Drug & Alcohol Recovery

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

# Therapeutic Community

## What happens at the Windana Therapeutic Community

The community offers living and learning situations to enable residents to develop increased well-being and self awareness.

Each person is involved in a holistic program that includes domestic and work routines, individual and group counselling, physical fitness and recreational activities.

Health and well-being is improved with the assistance of health education, diet and nutrition and naturopathic consultation and remedies.

Individual spirituality can be explored through meditation and reflection if a resident so chooses.

Residents live in self contained houses in a campus style setting on a 40 acre farm, and interact as a whole community to practise responding constructively to personal and social situations.

The community supports each of its members to actively participate in achieving their own treatment plans, developing a sense of belonging to a community that promotes longer term sustainable change.

## Who is it for?

The Windana Therapeutic Community is a statewide service for men and women over the age of 18 who are seeking solutions to problems associated with drugs and alcohol. Residents must be prepared to participate and interact in a supportive, non-judgemental manner in the spirit of community.

## How to apply

1. Ring the duty worker at Windana on 9529 7955 and request an assessment appointment for the Therapeutic Community.
2. Attend an assessment to ensure that the community will meet your needs and that you are able to participate in the program. (The assessment is an opportunity to discuss any personal issues that we may need to be aware of in order to facilitate your admission.)
3. You must be physically withdrawn from drugs and alcohol to be eligible for admission to the therapeutic community. We can help you with that, too.

## What to bring

There is a limit of two suitcases. You must ensure that you have clothing appropriate for a farm setting which experiences extremes of weather.

A detailed list and Resident Handbook will be provided when you have been accepted into the program.

*It's hard work, but you will have plenty of support and what you put in, you get out.*

