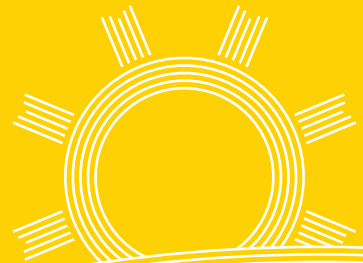


The logo for Windana, featuring the word "windana" in a lowercase, rounded, multi-lined font.

# Windana Youth Community House

The word "windana" in a lowercase, rounded, multi-lined font, identical to the logo at the top of the page.

Drug & Alcohol Recovery

**Windana Society Inc.**

ABN 68 398 137 238

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

# Windana Youth Community House (WYCH)

## What is WYCH?

WYCH offers a safe, comfortable environment for young people aged 12 - 21 who are experiencing problems associated with drugs including alcohol.

Generally young people stay at WYCH for a period of 10 to 15 days. Longer stays are possible and respite is also available for young people in need of time out.

Like all Windana programs, the WYCH program is holistic and adaptable – which means that we try to focus on each person and their individual needs.

## About the WYCH program

WYCH provides medicated withdrawal (where necessary) together with a range of complementary therapies such as reiki, naturopathy and herbal healing.

The daily program in which all residents participate includes individual case management, groups, music and art therapy, recreation (especially swimming) and being involved in planning, preparing and sharing healthy meals. We focus on principles such as Respect, Support, Flexibility and Fun.

Our vision is a mutually supportive and accepting community that supports individuals and families to find solutions to alcohol and other drug use and to build positive lives.

## Who is WYCH for?

WYCH is located in Dandenong and is open to young people aged between 12 - 21 who are experiencing issues related to drugs including alcohol and require support during withdrawal and/or respite.

## How do I find out more?

To talk about the program please contact:

The WYCH Intake and Assessment Co-Ordinator

### **Visy Cares Centre**

39a Clow Street

Dandenong, Vic 3175

Telephone 03 9793 2155

*" Up until now I've spent my whole life thinking that everyone drank and did drugs. Everyone in my family does, all my friends do. And so did I - from when I was 12. I'd go to school drunk or stoned or just stay home and get out of it. But for me it just got scary and pathetic. I didn't have anyone who could help me with that.*

*The people here at Windana showed me I wasn't hopeless and that I could do things differently. Now I can make different decisions than the ones I used to make. And if I need help I know where to turn."*

