

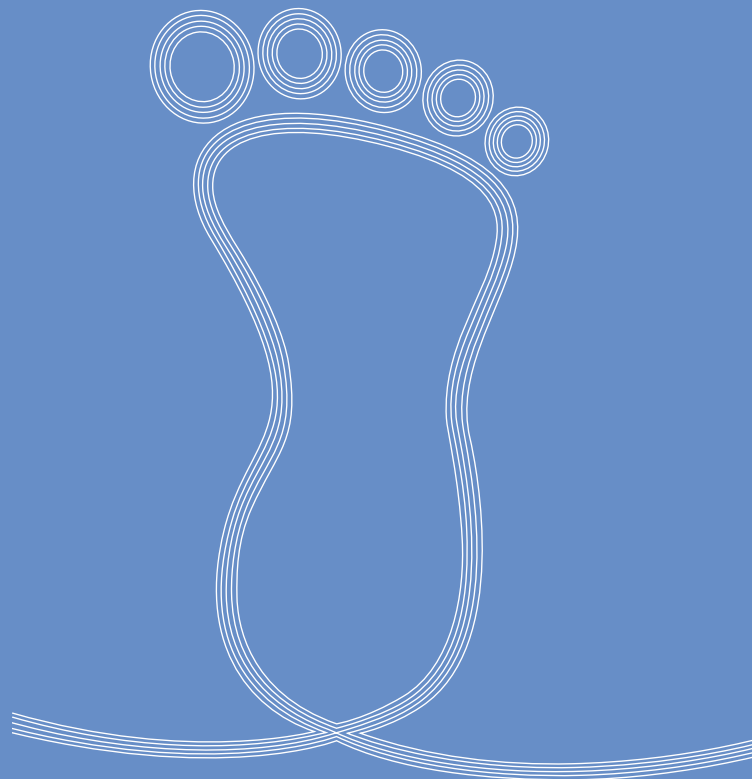
The Windana Philosophy, Day Program

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 behavior and ideas can be freely experienced in an **open, honest interaction** with the whole Windana Community.



windana

Drug & Alcohol Recovery

Windana

ABN 68 398 137 238

To discuss the **Windana Day Program**
please contact the Duty Worker.
dutyworker@windana.org.au

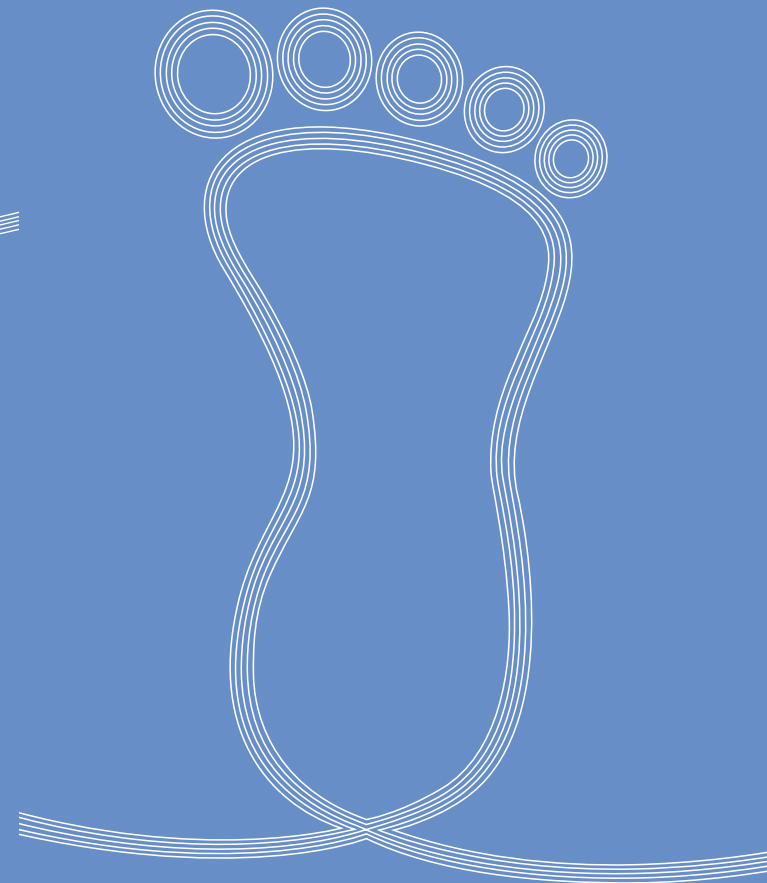
88 Alma Road (PO Box 372) St Kilda Vic 3182
Tel (03) 9529 7955 Fax (03) 9521 3581
Email : windana@windana.org.au
Website : www.windana.org.au

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

windana

Drug & Alcohol Recovery

Day Program



About the Windana Day Program (WDP)

The WDP is a non-residential alcohol and other drug rehabilitation program that is designed to meet the needs of those who are finding it difficult to access residential programs.

The WDP's structured educational and therapeutic groups operate weekdays between 9.30am and 3.30pm for an optimum duration of twelve weeks, in the Ormond area.

The Program supports people by assisting them in structuring their lives and promoting healthy choices, whilst living in the community.

What happens there?

The Day Program facilitates groups that address psychological, spiritual, physical and social needs.

'Check in' and 'Check out' groups take place at the beginning and end of each day. These groups are used to discuss planned contact between peers outside of WDP sessions, whether in person, by phone, text, or chat room. The fostering of peer support is a key factor in the program.

The 'Check in' and 'Check out' groups are also utilised to assist in designing healthy, structured plans conducive to recovery and provide motivation to maintain positive action.

Family members and significant others in the WDP

The Day Program also provides an opportunity for family members and significant others to contribute support during their loved one's recovery.

Program participants are encouraged to invite family members or significant others to join weekly groups which inform, support and educate in the ways in which practical, useful assistance can be provided to their loved ones, during the recovery process.

Who is the WDP for?

- Adults who would like to address issues of alcohol and other drug dependency.
- People who find it difficult to commit to residential treatment programs due to personal circumstances.
- Those who have stable accommodation and basic literacy skills.
- Clients who are prepared to participate and interact in a supportive, non-judgemental manner within the spirit of the community.
- Those who are able to attend WDP daily.

How to apply

1. Ring the Duty Worker at Windana on 9529 7955 and request an appointment for an assessment.
2. Attend assessment.
3. Attend WDP information / preparation group session.
4. Participants must be alcohol and drug free prior to enrolment in WDP treatment.

