



I've become more confident in myself once I delved into the reasons why I was drinking and just being 100% honest with myself about it. I found dealing with my issues sober resulted in quicker and bigger progress than if I was still drinking to block everything out.

Family Matters Program

Family Matters is a group program that is offered to families and friends of a person who may be using alcohol and other drugs. The group is provided once a week in an evening timeslot to support people who may be working during office hours.

How to access the service

If you are a current resident within one of the Cyrenian House TC's please speak with your counsellor about making an appointment at Non-residential Services (NRS).

If you are a consumer who has not completed residential treatment but would like to access any of the continuing care options, contact NRS on 9328 9200.

Our Services

Non-residential Services

318 Fitzgerald Street, Perth, 6000

P: 9328 9200

E: enquiry@cyrenianhouse.com

B: Bus Routes 19 or 960



Rick Hammersley Centre Therapeutic Community Mixed Gender Program & Saranna Women & Children's Program

Contact us through Non-residential Services

Serenity Lodge Therapeutic Community

Contact us through Non-residential Services

Serenity Withdrawal Unit

P: 9388 5000 **E:** enquiry@cyrenianhouse.com

North Metro Community Alcohol & Drug Service

Joondalup

10 Clarke Crescent, Joondalup, 6027

P: 9301 3200 **T:** Joondalup Train Line

Warwick

26 Dugdale Street, Warwick, 6024

P: 9246 6767 **B:** Bus Routes 446 or 447

Cyrenian House Milliya Rumurra Outreach Service

Pembroke Road, Broome, 6725

P: 9192 6400 **E:** CHMRreception@cyrenianhouse.com

Saranna Early Childhood Education & Care Centre

920 Gnangara Road, Cullacabardee, 6067

P: 9302 6444 **E:** SECECCadmin@cyrenianhouse.com

Wandoo Rehabilitation Prison Therapeutic Community

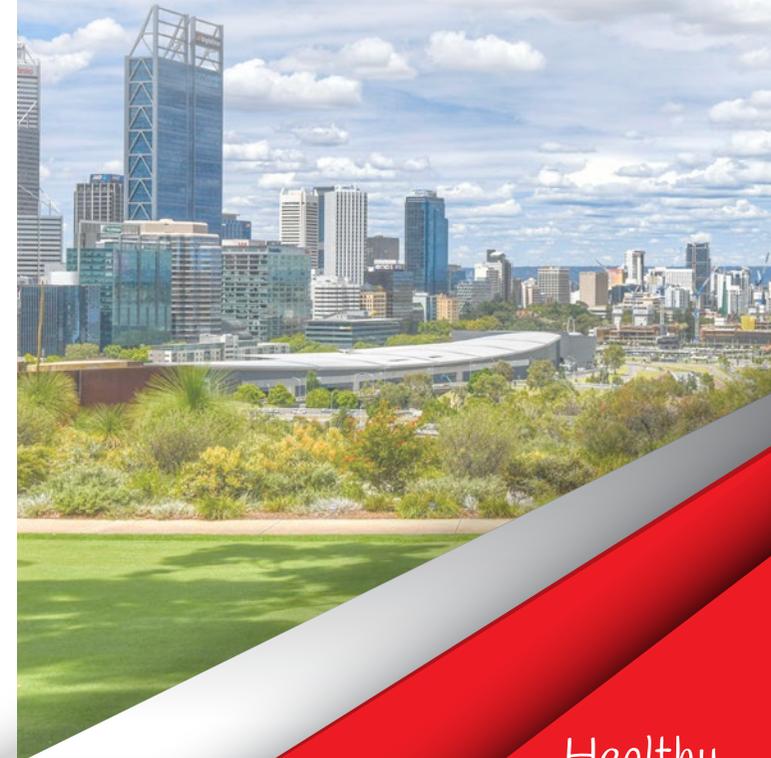
Murdoch Drive & Bramanti Road, Murdoch 6150

P: 9218 7926

cyrenianhouse.com



Continuing Care



Healthy,
inclusive and
harm-free
communities

Cyrenian House is a not-for-profit non-government organisation that has been operating within the alcohol and other drug (AOD) treatment sector since 1981. Cyrenian House has demonstrated an enduring capacity to deliver a professional and effective treatment service and is one of the leading AOD treatment services in Western Australia.

Cyrenian House supports and upholds a robust standard of cultural competence by recognising cultural needs and reviewing programs to ensure they meet the needs of Aboriginal, Torres Strait Islander, CaLD and LGBTQI+ communities.

*All services provided
are confidential
and free of charge*

Cyrenian House acknowledges the past, present and future Traditional Custodians of this land and recognise our services are situated on Whadjuk Nyoongar Country and Yawuru Country.



Cyrenian House is certified against the Alcohol and Other Drug and Human Services Standard and the Australasian Therapeutic Communities Association Standard.

Continuing Care

The continuing care program offers support for consumers who have completed residential treatment or who may be non-residential consumers requiring ongoing support.

Services we provide:

- Individual counselling and support
- Transitional Housing and Support Program (THASP)
- Peer Support Recovery Groups
- Moral Reconciliation Therapy (MRT)
- Road to Recovery Group
- Referral to 12 Step Program
- Referral to SMART groups
- Family Matters Program

THASP

This nine-month program will provide stable, affordable housing, along with access to tailored support services to assist consumers to manage their finances, health, study and work. Cyrenian House residents may apply for THASP once they have commenced the third stage of the Therapeutic Community (TC) Program.



Peer Support Recovery Group

This group offers support through the challenges and gains of recovery by people who have lived experience of AOD use.

Moral Reconciliation Therapy

Moral Reconciliation Therapy (MRT) is a cognitive-behavioural treatment program designed to help promote positive self-identity and to help consumers make better decisions for themselves and for the people around them. The group operates with an open-ended format, meaning consumers can enter the group at any time. The program consists of 12 steps. Consumers complete the steps as homework outside of the group and then present each step during group time.

Road to Recovery

Road to Recovery is a six-week group program designed to support consumers to manage their AOD use by learning skills such as:

- Assertive communication and conflict resolution
- Emotional regulation
- Setting healthy boundaries
- Developing self-worth
- Practicing self-care
- Maintaining a recovery program