

## Groups Work

Groups provide a valuable support to help you make and maintain positive long-term changes to your life.

## Groups available

### Intensive Outpatient Programme

Three 3 hour sessions per week for 8 weeks. (Groups meet evenings and Saturday mornings).

### Women's Intensive Outpatient Programme

Three 3 hour sessions per week for 8 weeks. (Groups meet weekday mornings).

### Continuing Care

(Evening groups 1½ hour each week).

### Family Support Group

Available for Family/Whanau and concerned others. (Evening group 1½ hour each week).

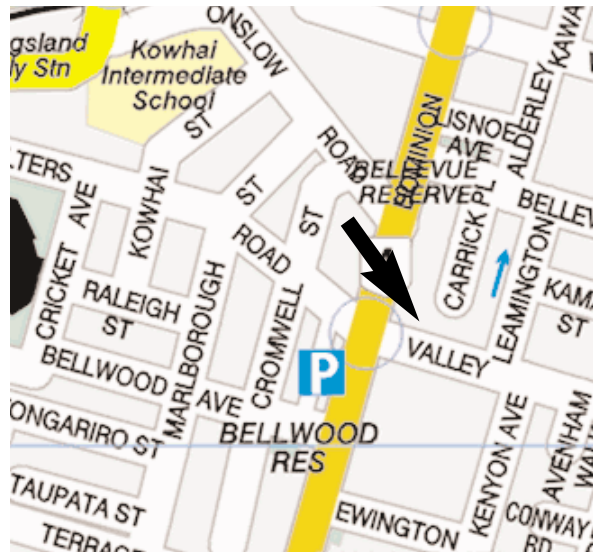
Groups for Relapse Prevention, Couples in Recovery and other related areas are also available.

We're ready to listen!  
Call **845 1818**

## CADS Mt Eden

111 Valley Road, Mt Eden.  
Phone 845 1818

CADS Mt Eden (formerly known as the Hanmer Clinic) is just 5 minutes drive from central city and close to public transport.



*"The CADS Mt Eden programme allows me to live life on life's terms"*

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## When you're ready!



# MT EDEN INTENSIVE OUTPATIENT PROGRAMME

# CADS

COMMUNITY  
ALCOHOL & DRUG  
SERVICES

Te Wai Awhina  
Rongoatia O Tamaki

When you're ready!

call **845 1818**

[www.cads.org.nz](http://www.cads.org.nz)



## Not everyone with an alcohol or drug problem can afford either the time or money to seek residential treatment

CADS Mt Eden addresses this issue by providing an outpatient programme which offers many of the benefits of a residential treatment programme while enabling participants to maintain their employment, study and family life.

*"It took me a while to get the idea, so the eight weeks turned into twelve as I came to grips with the fact that I am actually an alcoholic."*

CADS Mt Eden aims to support clients to overcome their problems by continuing the tradition of the Hanmer Clinic in providing intensive outpatient programmes to address the unmanageability that comes with alcohol and drug dependency.

**We're ready when you are!**  
Call **845 1818**

## The Intensive Outpatient Programme is designed for people who:

Have daily commitments which make it difficult to attend residential programmes.

Have a desire and a willingness to be abstinent from drugs and alcohol (and addictive behaviours such as gambling).

Are committed to attending nine hours a week of group work over an eight week period.

Would like to have longer-term support in the journey of recovery.

Are open to the values of 12 Step Fellowship Support.

### Staff

Highly experienced and qualified alcohol and drug clinicians facilitate the CADS Mt Eden programmes.

*"I thought I would just go and do the programme to shut my wife up and then I could go back out there pretty much like before - oh how wrong I was."*

**Ready wherever you are!**  
[www.cads.org.nz](http://www.cads.org.nz)

## The Intensive Outpatient Programme

Treatment takes place mainly in small groups with individual counselling as required. Further support is also available to you from the other CADS units

Where appropriate and subject to your consent, CADS Mt Eden is happy to jointly work with other counsellors, treatment agencies, or, where there is an employee assistance programme, the relevant employer contact.

*"Doing the programme just saved my life, my career, my marriage, everything. I can't thank the people at CADS Mt Eden enough."*

There is a long-term recovery focus making continuing care programmes an important and integral part of the journey.

The involvement of your family/whanau is encouraged. There is also a group for adult family members to assist them in their understanding of the issues related to dependency and recovery.

This service is free and available to anyone seeking long-term support.

**When you're ready!**  
Call **845 1818**