



ODYSSEY HOUSE
NEW SOUTH WALES

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Community Programs

Since 1977, Odyssey House NSW has been providing hope and inspiring positive change for people wishing to address harms related to substance use.



Odyssey House Community Programs offer a diverse range of free non residential programs and services for people affected by the complexities of alcohol and other drugs.

At Odyssey House NSW, we understand the challenges that may be impacting the life and health of individuals, their friends, family and the wider community.

Our experienced team offers free individual and group counselling, support, information and education to people who are concerned about their own or a loved one's substance use and the impact on their mental health.

Our specialised groups are designed to support and provide new skills to empower people in their recovery journey.

"I am grateful for the free support and connecting with other people. It makes me feel less alone in my recovery."

These programs include :

- Individual Counselling
- Alcohol and Other Drugs Recovery
- Relapse Prevention
- Mental Health Recovery
- Case Management and Care Coordination
- Specialised Groups
 - Bringing Up Great Kids
 - Circle of Security
 - SMART Recovery
 - Family and Friends SMART Recovery
 - Aboriginal and Torres Strait Islander AOD program - Mingu Yabun

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more information

