



Elouera

FEEL BETTER AND STAY STRONG

About the program

We provide a live-in drug and alcohol rehabilitation program for women aged 18+.

Our program can help you with:

- ▶ reducing your dependence on drugs and alcohol
- ▶ mental health concerns
- ▶ relationship issues
- ▶ the challenges of parenting.

Priority is given to women with children, pregnant women, Aboriginal and Torres Strait Islander women, and women from rural and regional NSW. Children (up to 12 years) can stay with their mother.

Who we are

Lives Lived Well has been helping people rebuild their lives through alcohol and drug programs for more than 30 years. We take a holistic approach to help you become healthier and stronger.

Our team includes a GP service, registered nurse, psychologist, childcare worker, AOD workers and case managers.

We Can Help

We bring cultural knowledge and respect to our group activities and services, such as:

- ▶ skills-based drug and alcohol therapies
- ▶ mental wellbeing support groups and specialist services
- ▶ support for issues with domestic violence
- ▶ parenting, life and social skills
- ▶ group therapies like art, music, yoga, physical fitness and community outings.

We can also provide support for planned family meetings, extended rehabilitation services and links to other specialist or community support.



Is there a cost?

We aim to provide accessible and affordable residential treatment. You will need to pay some money towards your stay, usually a portion of your Centrelink payment (if applicable).

Contact us

To find out if Elouera is the right option for you, or to make a referral, get in touch. Just call **1300 596 366** or email enquiries@liveslivedwell.org.au



Elouera is proudly funded by the NSW Government