**Open support groups for AOD and general support groups:**

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **SMART RECOVERY**AOD Self- management and recovery therapy, goal setting Monday 12.30pm - 2.00pm at Christchurch Central ServiceLevel 1, 55-59 Ferry Road, Christchurch Central 8011For info call phone: 03 338 4437 | **MAHI NGATAHI** – a weekly AOD check in group with facilitated discussions focussing on : The rewards and challenges of recovery from harmful relationships with substances, Addressing thinking patterns and behaviours that place us at risk of relapse, Supporting each other in our common goal of recovery. Tuesday 1pm-3pmAt 276 Hereford Street For further information 021 776302 | **MINDFULNESS GROUP**An open group held weekly to focus on mindfulness and recovery.Wednesday 1 till 2pmLevel 1, 55-59 Ferry Road, Christchurch Central 8011For info call phone: 03 974 1686 |  | **TINANA GROUP FITNESS SESSION** Cardio/Weights session 1:00PM – 2:00PM  At 321 Pages Rd Wainoni phone 0800 HE WAKA  |
| **TINANA GROUP FITNESS SESSION** Cardio/Weights session 1:00PM – 2:00PM At 321 Pages Rd Wainoni phone 0800 HE WAKA | **TINANA GROUP SESSION** Mobility Session 12:00PM – 1:00PM**Fortnightly Tuesday** HE WAKA TAPU – #WER WELLNESS – supporting positive mental health1:00PM – 2:00PM  At 321 Pages Rd Wainoni phone 0800 HE WAKA  | **BE SMART**Self-management and recovery training on AOD for family and friends.Wednesdays 10.30am - 11.30am at Christchurch Central ServiceLevel 1, 55-59 Ferry Road, Christchurch Central 8011For info call phone: 03 338 4437 | **TINANA GROUP FITNESS SESSION** Skill Session/ Mobility Session 1:30PM – 2:30PM  HWT - AOD Te Whaioranga 1:00PM – 2:00PM  information regarding alcohol and drugsAt 321 Pages Rd Wainoni phone 0800 HE WAKA | **WAKA HAUORA, CULTURE GROUP**Karakia, Kai, WaiataFriday 12.30pm - 1.30pm at Christchurch Central ServiceLevel 1, 55-59 Ferry Road, Christchurch Central 8011 |
| **WOMAN’s DAY PRG**A general wellness focused prg that includes free life and work skills courses that can change lives & other interesting activities.Simply turn up at 9:00am – 2pm at 276 Hereford Street For more information: 027 5320 580 or 0800 787 855 | **WOMAN’s DAY PRG**A general wellness focused prg that includes free life and work skills courses that can change lives & other interesting activities Simply turn up at 9:00am – 12pm at 276 Hereford Street For more information: 027 5320 580 or 0800 787 855 | **WOMAN’s DAY PRG**A general wellness focused prg that includes free life and work skills courses that can change lives & other interesting activities Simply turn up at 9:00am – 12pm at 276 Hereford Street For more information: 027 5320 580 or 0800 787 855 | **WOMAN’s DAY PRG**A general wellness focused prg that includes free life and work skills courses that can change lives & other interesting activities Simply turn up at 9:00am – 12pm at 276 Hereford Street For more information: 027 5320 580 or 0800 787 855 | **WOMAN’s DAY PRG**A general wellness focused prg that includes free life and work skills courses that can change lives & other interesting activities Simply turn up at 9:00am – 12pm at 276 Hereford Street For more information: 027 5320 580 or 0800 787 855 |
| **RECOVERY CHURCH**A facilitated group where we celebrate AOD recovery milestones, share and have a speaker who offers inspiration connected to The !2 Steps, and/or their lived experience.Mondays 7.00pm - 8.00p, at Sydenham Salvation Army250 Colombo Street, Sydenham. For info call 03-338 4436 | **SMART RECOVERY**AOD Self- management and recovery therapy, goal setting Tuesday 6.00pm - 7.30pmat Christchurch Central ServiceLevel 1, 55-59 Ferry Road, Christchurch Central 8011For info call phone: 03 338 4437  | **TINANA GROUP FITNESS SESSION** Cardio/Weights session 1:00PM – 2:00PMAt 321 Pages Rd Wainoni phone 0800 HE WAKA  |  | **MAHI NGATAHI** – a weekly check in group with facilitated discussions focussing on : The rewards and challenges of recovery from harmful relationships with substances. Addressing thinking patterns and behaviours that place us at risk of relapse. Supporting each other in our common goal of recovery.At 276 Hereford StreetFor information: 0800 787 855 |
| **MEN’S DAY PROGRAM** A general wellness focused prg that includes free life and work skills courses that can change lives & other interesting activities Simply turn up at 9:00am-12 at 276 Hereford Street For information: 027 585 3702 or 0800 787 855 | **MEN’S DAY PROGRAM** A general wellness focused prg that includes free life and work skills courses that can change lives & other interesting activities Simply turn up at 9:00am-12 at 276 Hereford Street For information: 027 585 3702 or 0800 787 855 | **MEN’S DAY PROGRAM** A general wellness focused prg that includes free life and work skills courses that can change lives & other interesting activities Simply turn up at 9:00am-12 at 276 Hereford Street For information: 027 585 3702 or 0800 787 855 | **MEN’S DAY PROGRAM** A general wellness focused prg that includes free life and work skills courses that can change lives & other interesting activities Simply turn up at 9:00am-12 at 276 Hereford Street For information: 027 585 3702 or 0800 787 855 | **MEN’S DAY PROGRAM** A general wellness focused prg that includes free life and work skills courses that can change lives & other interesting activities.Simply turn up at 9:00am-12 at 276 Hereford Street For information: 027 585 3702 or 0800 787 855 |
| **TE AWHINA –** AOD recovery support group -“What's Up?”10.30-11.30am35 Collins Street AddingtonFor further information 03 338 4436 | **TE AWHINA –**Woman onlyAOD recovery support group-“Women’s Group”10.30-11.30amTE AWHINA –Men only AOD recovery support group-“Men’s Group”10.30-11.30am35 Collins Street AddingtonFor further information 03 338 4436 | **TE AWHINA –** AOD recovery support group-“Relapse Prevention”10.30-11.30am35 Collins Street AddingtonFor further information 03 338 4436 | **TE AWHINA –** AOD recovery support group-“Living In Recovery”10.30-11.30am35 Collins Street AddingtonFor further information 03 338 4436 | **TE AWHINA –** AOD recovery support group-“Friday Check Out”10.30-11.30am35 Collins Street AddingtonFor further information 03 338 4436 |

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| **Saturday groups** |
| **TINANA FITNESS SESSION**Group Fitness Mere Ana Brenan 7:30AM – 8:30AMAt 321 Pages Rd Wainoni phone 0800 HE WAKA  |

**Other open Alcohol and Other drug support groups**

**AA – Alcoholics Anonymous**

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

For information on meeting please follow this link: <https://aa.org.nz/meetings/?tsml-view=map>

**NA -Narcotics Anonymous**

If using drugs is causing problems in your life NA can help. NA is made up of addicts who are helping each other recover from using drugs and make changes in their lives

For information on meeting please follow this link: <https://nzna.org/meetings>

**Online Zoom support groups:**

A series of online alcohol and other drug lunchtime and afternoon support discussion groups.

Zoom to Noon ([https://mherc.org.nz/zoom/zoomtonoon)](https://mherc.org.nz/zoom/zoomtonoon)

Zoom to Noon is a series of online alcohol and other drug lunchtime and afternoon discussion groups, held every weekday.

For Zoom links and times to join, [click here](https://mherc.org.nz/zoom/zoomtonoon)

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**Phone Helplines – supports:**

* The Alcohol Drug Helpline 0800 787 797
* METH HELP 0800 638 443
* Gambling Helpline 0800 654 655
* LifeLine 0800 543 354
* Youth Helpline 0800 376 633