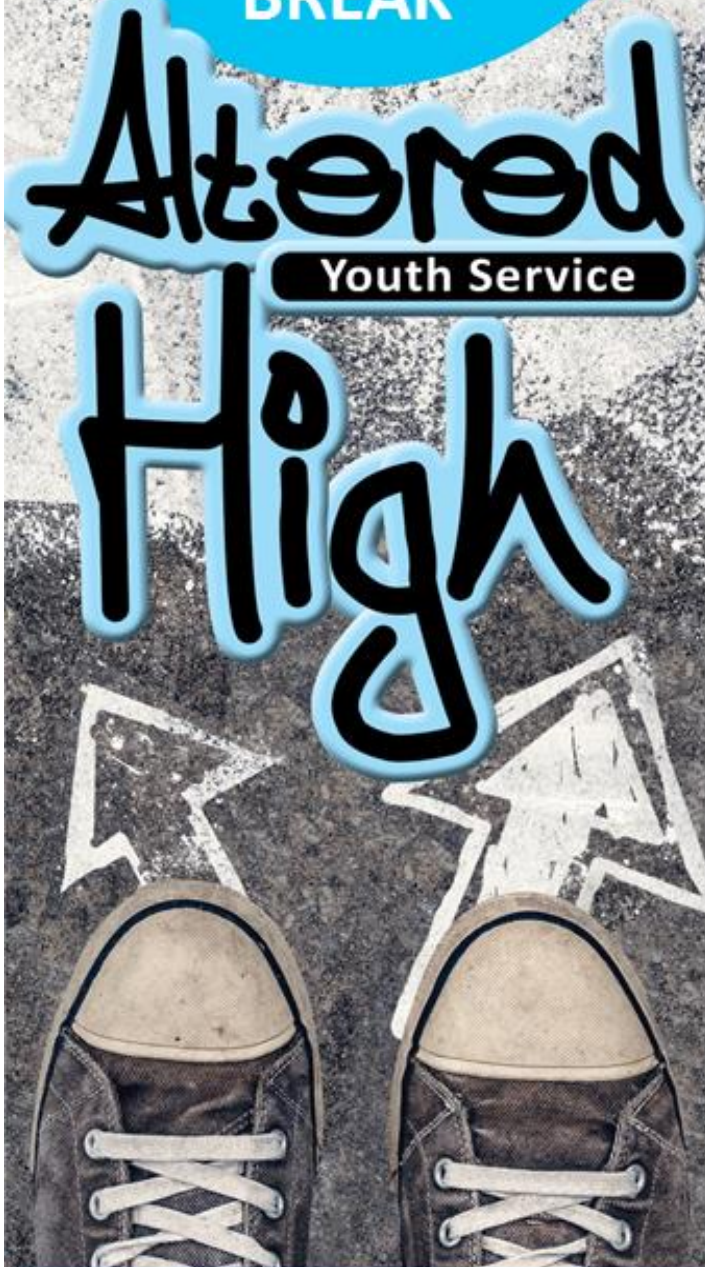


TAKING A BREAK



“Taking a break”

Alcohol and drug brief intervention group

This is a group for young people aged 15 – 19 who want to make positive changes to their alcohol and drug use.

It covers topics such as:

- identifying and reducing the harm related to substance use
- making change to substance use
- tolerating intense emotions without the use of substances
- healthy communication skills and setting boundaries with others.

Taking a break group is good for young people who have legal requirements such as diversion, probation or FGC plans. You receive a certificate of attendance.

CADS Altered High Youth Service



Te Whatu Ora
Health New Zealand

Taking a break

- Runs for 4 – 7 weeks depending on the content being delivered
- You'll meet with one of our clinicians for a brief assessment prior to starting
- The group can occur on Zoom or in person depending on the current participants

Please call the Altered High duty line to find out the current dates and times and to discuss a referral

ph or txt: 027 462 4580

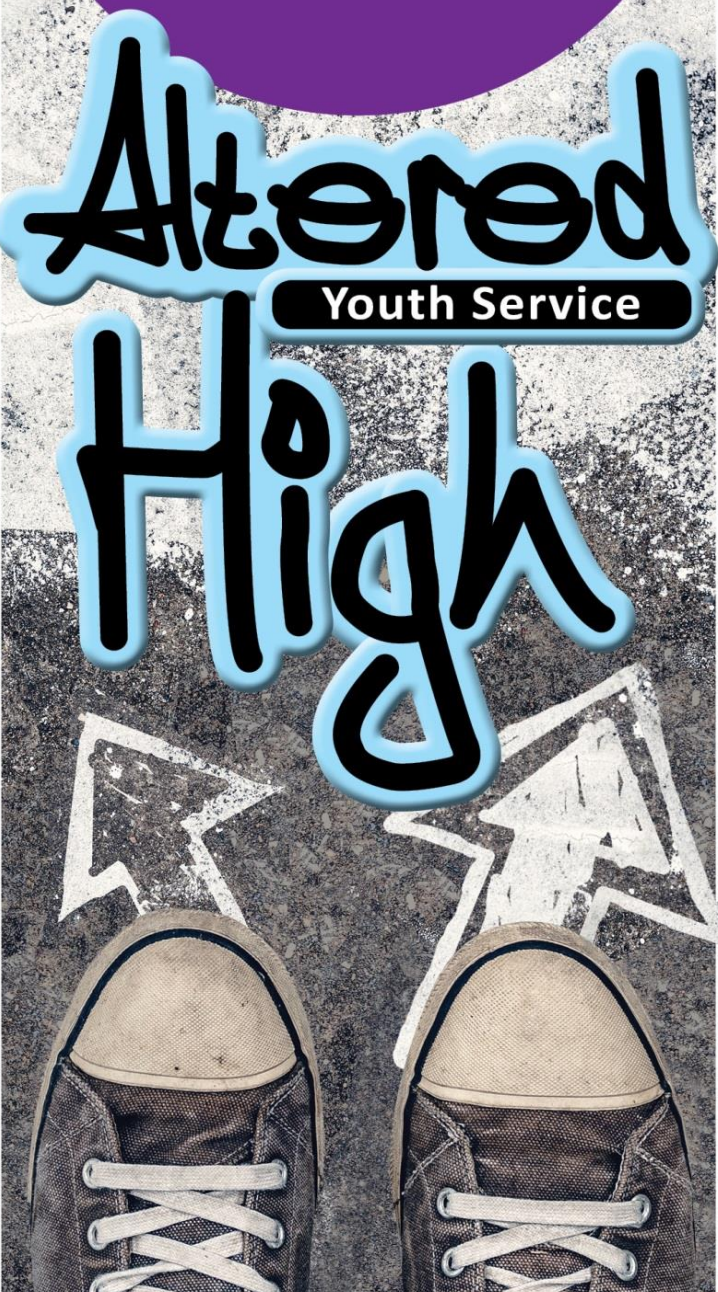
Monday to Friday 8:30 to 16:30



09 845 1893 | Level 2 | 409 New North Road
Kingsland | Auckland

This is a free service facilitated by professional alcohol and drug clinicians

WHĀNAU GROUP



Whānau Group

**For concerned parents and
caregivers of young people**

This is a group for family, caregivers and any adult who is concerned about a young person's alcohol or other drug use and would like information, advice and support.

During the group we will:

- Share stories and answer questions
- Learn about youth development and the effects of alcohol and drugs
- Discuss strategies and tools to help deal with difficult situations
- Provide support and assistance with managing stress
- Provide you with a group booklet that includes information, resources, and contacts

**CADS Altered High
Youth Service**



Te Whānau Ora
Health New Zealand

Whānau Group

- Usually runs via video conferencing in the evenings
- There is a 10 – 12 week revolving cycle of varying content
- You'll meet with an Altered High clinician (online, phone or in person) for a brief assessment prior to starting the group

Please call the Altered High duty line
to find out the current dates and times
and to discuss a referral

ph or txt: 027 462 4580

Monday to Friday 8:30 to 16:30



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