

## Find out more

If you think our Family Centre might be a good option for you, talk to your whānau or social worker and, when you are ready, download a referral form from our website.

Once we receive your referral form, we will be in touch to arrange an assessment.

Please contact us if you have any questions about the form or how we can support you and your whānau.

☎ 09 638 4957

✉ [admissioncentre@odyssey.org.nz](mailto:admissioncentre@odyssey.org.nz)

🌐 [odyssey.org.nz](http://odyssey.org.nz)

**Together it's possible.**

## Odyssey Family Centre

Together we grow

A residential service that supports parents living with addiction challenges



Our Family Centre provides a hopeful, open-hearted and safe space for mums or dads to be with their children, while they participate in our adult residential treatment programme.

Parents can stay with up to three children, who are supported to attend local schools or kindergarten while staying with us. We welcome pregnant mums and can support you through your pregnancy and with your new baby.

## Our Family Centre is a therapeutic community or TC

A TC is a supportive peer environment where members of the community gain skills to make the changes they need to live the lives they want.

Learning occurs in the way you live and work together as residents and staff, and in the roles and responsibilities you have in the house.

It's all about helping you gain the skills to be more in control of your life.

## Who can stay at our Family Centre?

Our Family Centre is open to parents aged 18 years and over who are living with drug or alcohol challenges. Up to three children (12 years and under) may stay with you while you participate in our programme.

## How much will it cost?

Funding is available from many District Health Boards (DHBs) or other nationally-funded treatment programmes. Contact us to find out more.

## What to expect

Children are at the heart of our Family Centre community. Their needs always come first, and our daily routines follow the rhythms of their day.

Weekdays start early with parents getting children ready for school or kindy. During the day, parents participate in our adult residential programme, with options to attend parenting support groups.

Afternoons are busy with activities, such as playground or TV time, arts and crafts, music or movement.

Weekends include activities in the community and visits from whānau. We actively support ongoing contact and relationships with extended whānau.

Sometimes, staying with us is an opportunity to be reunited with your children. For some parents, this might mean transitioning from our Adult residential programme to our Family Centre.

Once you are reunited, we will give you time and support to reconnect with your children and to get comfortable again with parenting. We will support you to learn healthy coping strategies, parenting and life skills that will help you be the best mum or dad you can be.

**"I like that I'm not doing this journey on my own...We've just got a huge support network here."**

– Mum, Family Centre