



## **Solid Ground Program**

This day program is ideal in supporting people who struggle with alcohol and drug issues. It offers education, structure, skills and strategies for participants to develop relapse prevention management skills, make healthier lifestyle choices, support clients who identify with dual diagnosis issues, positive goal setting, maintaining motivation and emotional regulation and management.

Solid Ground offers an intensive environment that is a safe space to identify issues and improve your life experience.

The focus of Solid Ground concentrates on the proven concept of mind, body and spirit and incorporates the value of peer support.

Add to this the unique blend of Aboriginal mindfulness techniques and the power of healing.

Solid Ground is a powerful tool that has already proven to change lives!

### **Our Vision**

Our vision is a healthy, safe, strong and sustainable Aboriginal community.

**ALL OUR SERVICES ARE CONFIDENTIAL**

## **Emergency Phone Numbers**

### **Alcohol and Drug Support Line**

08 9442 5000

### **Parent and Family Drug Support Line**

08 9442 5050

### **Health Direct (24 hours Service)**

1800 022 222

### **Mental Health Line (24 Hour Service)**

1300 555 788 or 1800 676 822

### **Crisis Care**

08 9223 1111 or 1800 199 008

## **Contact Us**

211 Royal Street, East Perth WA 6004

PO Box 8105 Perth Business Centre WA 6849

Ph: 08 9221 1411

Fax: 08 9221 1585

Web: [www.wungening.com.au](http://www.wungening.com.au)

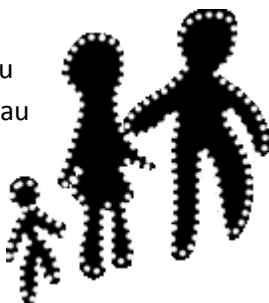
Email: [mail@wungening.com.au](mailto:mail@wungening.com.au)

## **Open Hours**

Monday - Friday

9:00am - 4:00pm

Appointments welcome outside business hours. Please speak to a counsellor to arrange appointments.



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