



When you're ready!
call 845 1818
www.cads.org.nz



Women's Making Change Happen Group

An abstinence-based 12 Step group for women who have chosen to:

- Learn how to live without drugs and alcohol
- Be supported by skilled professionals in a caring and nurturing environment
- Enhance their self-esteem, confidence and relationships



When: Monday, Wednesday,
Thursday 9.30am - 12.45pm
for 12 weeks

Venue: Pitman House
50 Carrington Road
Point Chevalier

Call us at 815-5876 or see your CADS counsellor

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