



Glebe House

make a difference
to your life



Introduction

If you are a man suffering from alcohol, drug or gambling addictions and want a new life, Glebe House can help.

If you are thinking of change and a fresh start we can offer the chance to begin again.

If continuing your present life is leading you further down bleaker dead ends, Glebe House may be a way out.

If you are thinking of change and a fresh start we can offer the chance to begin again.

Glebe House is a residential therapeutic community designed to help you make the transition from addiction into life and the community as a whole.

We offer a drug and alcohol free approach in helping you get the skills necessary to regain your independence from addiction. Over your three month stay your committed participation in our program will prepare you for life. Additionally, a further twelve months of support including placement in appropriate housing is available.

We look forward to assisting you with our goal – a life without fear.

Please read the information in this brochure carefully and give us a call if you are ready to make the effort required to begin a new way of life or to talk further about what Glebe House has to offer.




What do I do at Glebe House?

All activities at Glebe House are based on providing residents with the skills required for a drug and alcohol free life within the wider community; your greatest achievement – independence.

The Glebe House program includes life skills, literacy and numeracy instruction participation in leisure and recreational activities such as yoga, art and outdoor pursuits as well as general instruction in fitness and health. Participation in self-help groups such as NA, AA and GA is mandatory. Daily group discussions are held to help you understand your direction in life and prepare you mentally to achieve your goals.

One-on-one counselling is also offered. An intensive case management plan, designed with your active participation, is coordinated by a staff member acting as your case manager.

A man with short brown hair, wearing a light-colored t-shirt, is sitting on a dark purple sofa. He is smiling and looking towards the right. He is holding a yellow acoustic guitar. To his right, another person is partially visible, also playing a guitar. The background is a plain yellow wall. A framed picture hangs on the wall, showing a close-up of a guitar's fretboard and the text "IAN LEVE". A window with a white lattice pattern is visible in the background, casting shadows on the wall and the sofa. The lighting is warm and indoor.

IAN LEVE

At any one time there might be up to eight residents and household tasks such as cleaning are done by the residents on a rotational basis. Your participation in planning meals, shopping and cooking is also required and part of the life skills component of the program.

The residents at Glebe House live together in a cosy terrace situated in a peaceful inner city location where most client activities take place. Some additional services are provided at outside locations and transport is usually provided when necessary, Residents operate as a group for the duration of their stay and this helps create lasting friendships for the future.

What happens after Glebe House?

By this stage, you will be equipped to start your new life in the community. To make a difficult transition easier, Glebe House provides a great deal of continuing and after care.

A range of free services is offered by Glebe House to all ex-residents, there is a Relapse Prevention Group held weekly and you are welcome to also return for one-on-one counselling as required. Additional activities



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are also held on a regular basis, Family issues, often a difficult area for recovering addicts and alcoholics are also addressed as part of our Family Liaison Program.

Can I be a Glebe House Resident?

If you are willing, there is a way forward. If you know you are committed to regaining your independence and maintaining your sobriety you can be a Glebe House Resident.

Contact can be made with Glebe House directly or referrals made by agencies and institutions such as rehabs, goals, the probation and parole service and twelve step fellowships.

*If you are willing,
there is a way
forward.*



What do I do from here?

Give us a call and, if possible, come to visit Glebe House.

Please ring the staff on 02 9566 4630 to make an appointment for to arrange a phone assessment if more appropriate. The assessment process takes approximately one hour and your privacy and confidentiality is completely respected at all times.

Glebe House welcomes your call. We will notify you by the Wednesday following whether your application to stay at Glebe House has been approved.

Want to find out more?

Contact Glebe House to speak to our helpful staff.

Telephone
02 9566 4630

Facsimile
02 9552 1585

Email
moveout@bigpond.net.au



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