



Toora Women Inc.

Toora Counselling Service

This confidential service offers individual support to women with a range of complex needs including:

- alcohol and other drug issues counselling
- domestic, family and sexual violence counselling
- generalist counselling for issues such as depression, anxiety, PTSD and complex trauma, personality disorders, self-harm, grief and loss issues, bipolar disorder, acute stress, adults affected by childhood trauma, neglect and abuse.

The experience counsellors and psychotherapists at Toora Counselling Service have received in-depth training and offer a range of therapeutic interventions and counselling skills. All counsellors are registered or working towards accreditation with an approved Australian body.

Toora Women Inc.

Toora Women Inc. is a not-for-profit organisation which has been delivering specialist services to women, aged 16 years and over, in the ACT and surrounds since the early 1980's operating from within the Mission of Safety, Respect and Choice for Women.

We support women with complex issues who have experienced past or present traumas such as:

- domestic, family and sexual violence
- the impact of their own or another's drug and alcohol use
- mental health issues
- homelessness or needing support to stay out of the homelessness system
- the ACT corrections system.

Our current programs range across a variety of settings such as crisis and transitional accommodation, day program, counselling and outreach support, allowing Toora wrap around support based on individual need. We deliver these complex services within a human rights and gendered framework.

All services are based on a theoretical model of recovery, respect and empowerment. This includes encouraging self-help and reducing the effects of harm related with dependencies.

Toora contacts

Heira Domestic Violence Service	6247 2399
Toora House Accommodation and Support	6247 2399
Toora AOD Service	6241 7233
Toora Counselling Service	6248 8600
Admin Office	6122 7000

| DOMESTIC VIOLENCE | ALCOHOL & OTHER DRUGS | HOMELESSNESS |

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Toora Women Inc.

SAFETY, RESPECT & CHOICE FOR WOMEN

Our Services

Heira Domestic Violence Service
Toora House Accommodation and Support Service
Toora Alcohol and Other Drugs (AOD) Service
Toora Counselling Service

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Heira

DOMESTIC VIOLENCE SERVICE

Heira believes that women have a right to live free of violence and provides **shared supported accommodation** for women with or without children escaping domestic violence. Our specialist service is dedicated to providing a safe and secure environment for women where race, culture and other differences are respected and valued.

Case management is provided with advocacy, referral and support which may include safety planning, accessing legal orders, budgeting support, assistance to build a community support network and assistance to obtain independent stable accommodation.

Heira supports women from culturally and linguistically diverse backgrounds who have no permanent residency to address their immigration issues.

We also provide **outreach support** to women in the community living in domestic violence relationships and/or women who are experiencing difficulties in maintaining their independent living.



Toora House

ACCOMMODATION AND SUPPORT SERVICE

Toora House Accommodation and Support Service provides a range of support for women with or without children.

We provide **shared supported accommodation** for women who are homeless due to a variety of issues including dependencies on alcohol or other drugs and mental health issues. Support includes assisting women to recognise their strengths, expertise, knowledge and skills.

We also provide **outreach support** to women in the community who are experiencing difficulties in maintaining their independent living.

Coming Home Program provides accommodation and outreach support for women exiting the Alexander Maconochie Centre, which includes support beginning while in incarceration and following through to their release back into the community.

TOORA ALCOHOL AND OTHER DRUGS

AOD Service

Toora AOD Service delivers trauma-informed, specialist alcohol and other drug treatment for women.

Toora AOD Day Program is an eight week program that offers relapse prevention information, education and skill building. The Program allows participants to work in groups in a safe and respectful therapeutic environment and to explore their own personal issues that have led to their misuse of alcohol and other drugs. It helps women build on their strengths and develop new skills needed to reach personal goals and live a meaningful life free from alcohol and other drugs.

Lesley's Place Residential Program provides residential treatment and recovery support for women with or without children. Our clients have already completed a supervised withdrawal but need short term day-to-day support in their recovery. All women have a case manager who provides intensive weekly support to assist them to achieve their identified goals.

Marzenna House Transitional Program provides treatment and support in a residential setting. It is for women that have already established their recovery and are seeking additional longer term support before returning to the wider community. All women are case managed and supported with maintaining abstinence from alcohol and other drug use.

Toora AOD Outreach Program provides pre and post treatment **outreach support** to all women accessing our service. We also provide information, education and support to women at the Canberra Hospital Withdrawal Unit and Alexander Maconochie Centre. Whilst in the outreach program women have access to our drop-in and individual workshops such as relapse prevention and Smart Recovery.

safety, respect and choice for women

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