



Contact us

To access counselling and AOD services, you can contact Toora directly via phone or email for a confidential discussion.

To access Toora's domestic violence and homelessness services, please contact OneLink initially on [1800 176 468](tel:1800176468).

About Toora

Toora is a not-for-profit organisation, dedicated to delivering services to women in the ACT and surrounds since 1982.

Our purpose is to support, connect and advocate for Canberra women who are impacted by domestic violence, homelessness, institutions and substance dependency to create better life outcomes and community change.



Access our website in 15 languages



www.toora.org.au
intake@toora.org.au
(02) 6122 7000



Supporting Canberra women

- ♀ Domestic violence services
- ♀ Alcohol and other drugs programs
- ♀ Counselling services
- ♀ Support after exiting institutions



Domestic violence and homelessness services

As the largest provider of specialist homelessness, domestic violence and outreach support services for women in the ACT, we provide support to women aged over 16 and their children.

We run various residential and outreach programs to provide individual case management and emotional and practical support for women.

This includes:

- Crisis and medium-term accommodation
- Finding safe and stable accommodation
- Support during and after time in institutions
- Liaising with the immigration department to address immigration issues
- Budgeting and discussing access to welfare payments
- Referrals to other health and community services
- Specialist child and family support
- Assistance with building independent living skills and community support networks



Counselling services

Toora's counselling service offers specialist Alcohol and Other Drugs (AOD) and Trauma counselling to women in an individual or group setting. Support is provided to women with complex issues who have been impacted by AOD use, past or present trauma such as domestic, family and sexual violence and/or mental health issues.

Counselling sessions are trauma informed, strengths and evidence based, drawing on Cognitive Behavioural Therapy, Dialectical Behaviour Therapy (DBT), Motivational Interviewing (MI) and Attachment Theory. Our experienced counsellors and psychotherapists offer a range of therapeutic interventions and counselling skills.



Alcohol and other drugs (AOD) services

Toora offers tailored and comprehensive treatment services that are trauma-informed to effectively treat alcohol and other drug dependencies. Taking a holistic approach, Toora also looks deeper into the underlying factors and origins of these dependencies. Toora understands that our clients are all unique and require an individual program that fits their personal circumstances. The methodologies used are evidence-based and staff are fully trained in delivering interventions.

Programs range from counselling and outreach support through to more intensive programs, such as live-in residential treatment. All programs are designed to support women to reach ongoing sobriety and achieve their goals.

Toora's AOD programs include:

- Residential Health Treatment program
- Day Program
- Outreach Program
- Alcohol and other drug counselling