



MEDIA RELEASE

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Gillies House offers support for men in recovery, and for people dealing with addictive behaviours.

Vinnies currently has vacancies in its residential based recovery program for men with a history of alcohol and other drug dependence.

The 3-6 month program, for men whose goal is complete abstinence from alcohol and other drugs, is based at Vinnies Gillies House facility in the Brisbane suburb of Auchenflower.

Gillies House Manager Steve Watson urged men who need support on their journey to recovery to reach out.

“We provide a supportive environment and an evidence-based program which assists men in their long-term recovery from alcohol and drug dependence,” he said.

“We are different from most residential withdrawal and rehabilitation programs in that we are community based, meaning those staying with us are free to come and go from the house according to their individual recovery plans and are actively encouraged to engage in study, employment or volunteer work.

“We are currently open for new assessments so if you think we can help you or you know someone who could benefit from the program please get in touch on 3876 7329.”

To be eligible for the Gillies House program participants must be 18 years and over and have completed an alcohol and other drug withdrawal or rehabilitation program. Participants need to be recovery ready and highly motivated to participate in recovery activities.

Gillies House is also a host location for SMART Recovery, regular group work sessions available to members of the public who want to address addictive behaviours.

“SMART Recovery is a free group assisting people with problematic behaviours including addictions to drugs, alcohol, cigarettes, gambling, food, shopping, internet and more,” Mr Watson said.

“If you are struggling with addictions please get in touch about attending as we run them every Wednesday at Gillies House at 12.30pm.”

For more information on Gillies House head to: <http://qld.vinnies.org.au/services/housing/gillies-house-rehab>

For more information on the Smart recovery program head to: <https://smartrecoveryaustralia.com.au/>

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