

**This is a 48 week
program consisting of:**

- Individual/family assessment, goal setting and review sessions
- **Weeks 1-5:** 2 x 50 minute early recovery skills groups
- **Weeks 1-20:** 2 x 90 minute relapse prevention groups
- **Weeks 1-12:** 1 x 90 minute family education group
- **Weeks 13-48:** 1 x 90 minute social support group

REGISTRATION
IS OPEN **NOW!**



The Salvation Army
Alcohol and Other Drugs
TASMANIA BRIDGE PROGRAM

(03) 6232 2900 or 0455 601 556

bridgetasmania.org.au

Matrix Program[®]

**Intensive Outpatient
Treatment Program for
Substance Dependence**

**Do you or a loved one struggle
with alcohol or other drug use?**



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Are you looking for a non-residential treatment option which provides:

- Flexible hours in order to accommodate school pickup and work schedules
- Group work and individual sessions
- Support and education for your family and loved ones
- Stages of recovery based intervention (early phase and relapse prevention)

The Matrix program aims to:

- Assist clients to gain a sense of control back into their life
- Provide clients with education about addiction, relapse and recovery
- Offer clients opportunities to practice new skills
- Encourage clients to take steps towards positive change
- Improve clients' resilience

You will be able to:

- Develop strong support networks
- Learn new ways of problem solving and stress management
- Learn how to maintain abstinence
- Develop the knowledge and skills to improve your wellbeing

If so, the Matrix program might be the best treatment option for you.

