If you or someone you know needs help, call our service for a free and confidential assessment.

Our staff are available between 9.00am and 4.30pm to answer your questions about our program and work with you to decide the best treatment plan or referral possible.

Call us now on (02) 8572 7433 or (02) 8572 7444 or visit us online at whos.com.au

PO Box 1779, Rozelle NSW 2039
PHONE 02 8572 7433  FAX 02 8572 7420
info@whos.com.au
WHOS® New Beginnings is a residential Therapeutic Community (TC) for women set in the tranquil and heritage grounds of inner Sydney. Its goal is to help women find freedom from alcohol and other drug dependence (AOD) and discover a better way of living. The Therapeutic Community’s aims is to provide a safe and secure environment where women who suffer from alcohol and other drug dependence and its related problems can concentrate on their recovery.

WHOS PROGRAMS
Residents are encouraged to take on increasing levels of responsibility in the running of the New Beginnings Community. As a resident moves through the various stages of the program they receive increased levels of personal freedom and gain greater awareness of the effect their behaviour has on themselves and the community around them.

“I can’t believe how far I’ve come and I feel I deserve it because I’ve put the action in. This would not have been possible if I didn’t come to WHOS® New Beginnings and I would most likely be dead. I am so grateful to this program and the people who have helped me along the way.”

NEW BEGINNINGS RESIDENT

The Program

Treatment

Details

OTHER COMPLEMENTARY ACTIVITIES
- External recovery based support networks
- Regular structured exercise
- Wellness training
In addition there are a wide range of community based social gatherings and shared activities which help to build a sense of collaboration and support.

ADMISSIONS PROCESS
Initial assessments are carried out over the phone by staff Monday to Thursday 9.00am to 4.30pm.
If eligible you will be required to come to the service for a face to face interview and potential admission.
For more information please contact WHOS® New Beginnings staff on (02) 8572 7433 or general (02) 8572 7444.

COSTS
WHOS® Services are mostly funded by State and Federal Governments. However to cover costs not provided by funders it is necessary to charge a fee from your benefit entitlement for your first 4 months. After 4 months, you will only need to contribute for food and accommodation.