

## Frequently Asked Questions

### **How long is the Phoebe House Program?**

6-8 months depending on individual progress

### **Can I leave Phoebe House whilst completing program?**

Residents may leave Phoebe House for weekend leave and community engagement in the higher stages of the program.

### **What is community engagement?**

We want to encourage mothers at Phoebe House to navigate their way into the community safely with their children. Community engagement involves scheduled outings to safe environments (e.g. swimming lessons, appointments, self care activities etc.)

### **How often do I have counselling and case management?**

Residents attend weekly individual counselling sessions and case management sessions.

### **Can I use my phone at Phoebe House?**

Yes, residents at Phoebe House are able to use their phones. It is a requirement to use mobile phones respectfully during the program.

### **Can I see my partner at Phoebe House?**

Partners are not permitted to step foot into our service, residents are able to see family and friends during their weekend leave.

### **Can I smoke at Phoebe House?**

Phoebe House is a smoke free environment, we currently have limited smoking hours in a designated area.



phoebe  
house

**WOMEN & CHILDREN'S  
AOD REHABILITATION  
RESIDENTIAL SERVICE**

Phoebe House acknowledges the traditional custodians of the unceded land upon which our house stands, the Gadigal and Bidjgal people of the Eora Nation and the Gweagal People of the Dharawal Nation.

ph: 02 9005 1570  
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## A DAY AT PHOEBE HOUSE

Below is a brief outline of how our day may run at Phoebe House. We have a weekly schedule so days and times may be altered.

7:30 am	Get ready and dosed for the day
9:00 am	Drop child to childcare to attend program requirements
9:00 am	Morning Walk
10:00 am	Group Therapy Session
12:00 pm	Collect child from childcare & have lunch
1:00 pm	Drop child to childcare to attend program requirements
1:00 pm	Attend Individual Case Management or Counselling Session
3:00 pm	Collect child from childcare and go on resident afternoon walk
5:30 pm	Complete chores
6:00 pm	Eat dinner with the community

## WHO ARE WE?

Phoebe House is a residential drug and alcohol rehabilitation program for women on opioid treatment plan, that accommodates for their children, in a safe home environment. Residents are supported to achieve their personal goals and to develop their parenting skills for independent living in the community

## WHO IS PHOEBE HOUSE FOR?

### To be eligible for our program, you must:

- Be over 18 years of age
- Be on an opioid treatment program
- Be pregnant or have a child aged 0-5 years (in care or access minimum once per fortnight).
- Be willing to make change for healthy recovery

## OUR SERVICES

- Opioid Treatment & Relapse Prevention
- Counselling
- Case Management
- Children's program & Parenting support
- Group Therapy
- Residency
- Living skills program
- After care program

