

What can I learn there?

We take a long term holistic approach to addiction recovery and will help you gain the knowledge, strategies and skills to enable you to live your life free of drugs and alcohol while living in a supportive and caring environment.

The structured residential programme is in two phases over a six-month period. During this time we work closely with you to understand your needs and goals and provide tailored support. You will participate in group therapy, receive individual counselling while also doing a variety of activities aimed at your overall wellbeing such as meditation and yoga.

We focus on what you need on your recovery journey so that you will gain understanding of your addiction, know yourself and have the tools, confidence and self awareness to maintain positive change.

Our transitional housing is a safe space for up to another six months to continue your recovery, while learning life skills, volunteering, accessing study, work experience, building new community connections and positive supportive networks.

sunriseway.com.au

About Sunrise Way

Situated in Toowoomba, Sunrise Way is a non-denominational, independent, not for profit, community drug and alcohol support organisation.

We offer an individualised, abstinence based program developed to help anyone with a substance addiction and who has the desire to become clean and/or sober.

Want to know more?

Contact Us:

Phone	07 4638 9091
Fax	07 4638 9109
Email	info@sunriseway.com.au
Visit	9 Tourist Road, Toowoomba, QLD
Website	www.sunriseway.com.au

 Facebook
[sunrisewaycommunity](https://www.facebook.com/sunrisewaycommunity)



Sunrise Way Rehab REBUILDING LIVES

Affected by **SUBSTANCE ADDICTION**

Do you want to get clean or sober? We can help

Are you 18 years or older, and ready to stop your drug and alcohol use?

Take the first step by contacting us.

You don't need a referral. You can contact our friendly and professional staff on the numbers provided. They will answer any questions you may have about your, or a loved ones' substance abuse, and about the process to get into our rehab.

The steps are:

Step 1:

A telephone interview (takes approx. 10 minutes).

Step 2:

A comprehensive assessment (takes up to 90 minutes). This is to see if Sunrise Way is the best fit for your needs. We will also talk to you about detox and where you may be able to access this. Sunrise Way may not be appropriate for you. In this case we may be able to point you in the right direction

How much does it cost?

We provide residential treatment that is accessible and affordable to all.

The amount you pay depends on your situation, and we will talk to you about this during your interviews.

Tell me more about the Team

During your stay, you will work with our multi-disciplinary clinical team of psychologists, social workers and counsellors.

You will also have regular access to psychiatrists, doctors, and other medical professionals.

All of our extended team are dedicated and professional, offering their empathy and support throughout your stay with us, while acknowledging the bravery that brings you here.

Sunrise Way staff always act with respect and unconditional positive regard for each individual community member.



Tell me more about Sunrise Way

OUR GOAL IS TO:

Assist you in your recovery journey.

See you develop the knowledge and skills to avoid relapse.

Give you the support needed to maintain a healthy lifestyle on your journey to recovery.

We provide rehabilitation programmes that are based on the 12 Step recovery principles.

We believe that honesty, open mindedness, willingness, faith, hope, respect and generosity are the foundations of healing.

We believe that healthy eating and exercise are an important part of your recovery journey.

We emphasise that clients need to take individual responsibility for their own recovery.

Our environment is drug and alcohol free and we randomly test to ensure it stays this way. If a test is failed, that person will be discharged immediately. Aggressive behaviours will also result in early discharge.

more info at:
www.sunriseway.com.au