

Coming Soon, Get Ready!

- Parenting Skills
- Anger Management
- Domestic Violence Prevention
- Moving Up! (Assistance with College Enrollment)
- Job Readiness (Resume/Planning Assistance)
- Street Law I & II (Dealing with Legal Issues)
- Small Estate Planning
- Water & Poolside Exercise
- Developing Language Skills (Sign/Spanish/Hawaiian/Tagalog)
- Ho`okama`āina Kaiāulu (Cultural Places and Practices on `Oahu)
- Hawaiian & Wai`anae Storytelling
- Hawaiian Music Through `Ukulele
- Hawai`i's Passages in Migration, Time, Politics, & Cultures
- Mechanical/Handyman Skills
- To Laugh Again (Moving on from Tragic Experiences)
- Housing Placement

In The Pipeline...

- GED/Community-Based Learning
- Aquaculture/Agriculture Development
- Cooking
- Healthy Eating From Our Ocean
- Music To Calm The Soul
- Drug Education
- Handcrafts & Cottage Industries
- Child Care



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Contact our Intake Representative at the above number if you would like to enroll or receive more information about our services.

ACCESS TO RECOVERY



HALE NA'AU PONO
696-4211



HALE NA'AU PONO

Wai'anae Coast Community Mental Health Center, Inc.

ABOUT ACCESS TO RECOVERY

The State of Hawaii Department of Health, ALCOHOL AND DRUG ABUSE DIVISION (ADAD) and HALE NA'AU PONO are proud partners in delivering ACCESS TO RECOVERY SERVICES (ATR). We help those recovering from alcohol & drug abuse and support a healthy lifestyle. These services will provide child care, housing support, sober support, spiritual support, cultural practices, transportation, education & training, and overall support.

Eligibility:

You may qualify for FREE services if you are: *an adult with substance abuse issues.*

If you have been:

- struggling with substance abuse, or
- require services to regain custody of your children, or
- are under court order to participate in a substance abuse program, then

please contact our Intake Representatives who can answer questions regarding our ATR services and provide you with information about enrollment.

To speak with an
Intake Representative
Call (808) 696-4211

ATR Groups Date/Time Location

Tai Chi Mon. – Fri.
7:00 a.m. to 8:00 a.m. Pāhoa

These low-impact meditative and martial activities help to support a drug-free and healthy lifestyle. Classes will help to restore the flow of internal Chi to promote emotional well-being, calmness of mind, and both internal & external strength. (12 Sessions)

Family Group Mondays Hanalei
5:00 p.m. to 7:00 p.m. Group Home

Helping family members work more closely and in greater support of one another to lead productive lives, gain greater respect in families, and live without alcohol and other substances. (10 sessions)

Hui Mea Hana (Clean and Sober Activities) Tuesdays Hanalei
5:00 p.m. to 7:00 p.m. Group Home

Hawaiian cultural practices to expand practical living and survival skills and tools for a healthy lifestyle. (10 Sessions)

Health & Wellness Group Wednesdays Hanalei
5:00 p.m. to 7:00 p.m. Group Home

Health Management Skills including appropriate diet, role of medication, appropriate exercise, general healthy lifestyles, cooking, and proper social relations to bring about a clean, healthy and sober lifestyle. (10 Sessions)

MISA/Educational Group Thursdays Hanalei
5:00 p.m. to 7:00 p.m. Group Home

Helping people manage their dual challenges of mental illness & substance abuse, based on an individual's life, as well as their spiritual, emotional, physical and social needs. (10 Sessions and as further required)

Smoking Cessation Weekly Sessions
To Be Announced

Support to end one's smoking and help through the relapsing of attempts to end dependence on nicotine. (8 Sessions)

Women's Group Weekly Sessions
To Be Announced

Helping women lead healthy and productive lives without dependence on alcohol, other substances, men who abuse women, etc. This group reinforces sober living, develop coping strategies and stress management techniques, and educate on cultural and other appropriate etiquette and behaviors for women. (10 Sessions)

