

Association for Alcoholism counseling

- ▶ Counseling and support for those **affected and their families**
- ▶ Professionally trained team
- ▶ Individual, couple, and family counseling
- ▶ Anonym, confidential, and respectful
- ▶ Based on voluntary donations
- ▶ For all people, regardless of age, gender, origin, or other characteristics



02offer



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The core work of the Blue Cross Vienna takes place in **individual, couple and family counseling**. Main focus is on moderated **discussion groups**.

The initial consultation provides those seeking help with **food for thought** and initial guidance for **changing their current situation**.

During this consultation, further steps toward subsequent **support, therapy, and the recovery process** can also be agreed upon.

Group meetings

Every Tuesday
7:00 PM – 8:30 PM
In-person support
Affected group

Every 1st and 3rd Wednesday of the month
6:00 PM – 8:00 PM
Creative group

Every 2nd and last Wednesday of the month
Resilience group

By appointment
"NADA" ear acupressure





- ▶ Closed group
- ▶ 4 to max. 6 participants
- ▶ 6 sessions, every two weeks
- ▶ No prior artistic experience necessary



Creativgroup

Working with different creative techniques

It's not about creating art, but rather:

- ▶ gaining access to one's inner world
- ▶ giving expression to one's own thoughts and feelings
- ▶ initiating inner processes for new perspectives and solutions
- ▶ promoting well-being through the creative process

RESILIENCE TRAINING

- ▶ For those affected and their families in the group
- ▶ Join anytime every
- ▶ 2nd and 4th Wednesday of the month from 6:00 PM to 7:30 PM

Resilience can be learned and trained; life never stands still. It's rarely calm and monotonous. What seems most important in life to me is the attitude I adopt towards change..

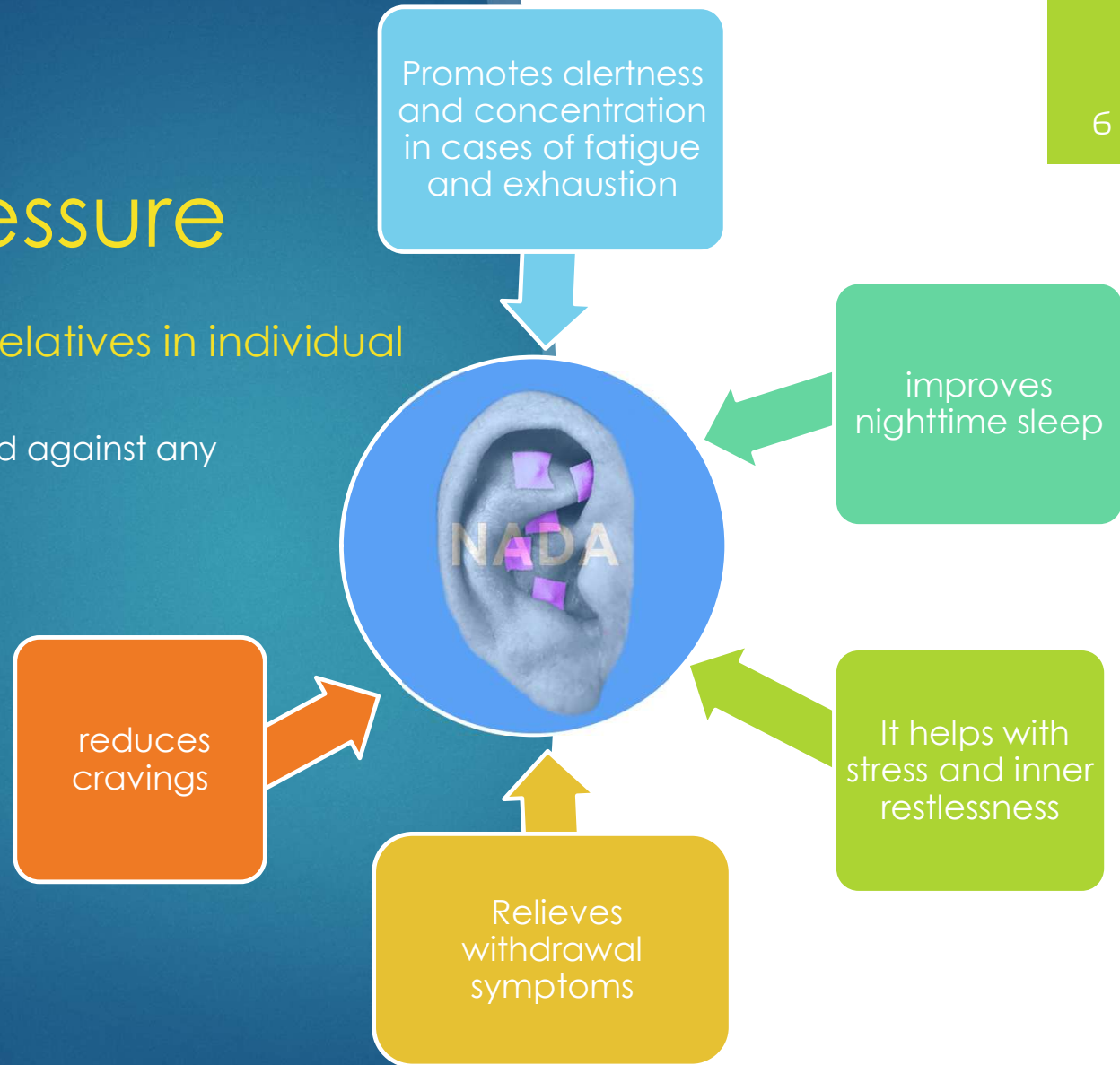


NADA Ear – Acupressure

For those affected and their relatives in individual settings

NADA ear acupressure is not directed against any specific substances or diseases.

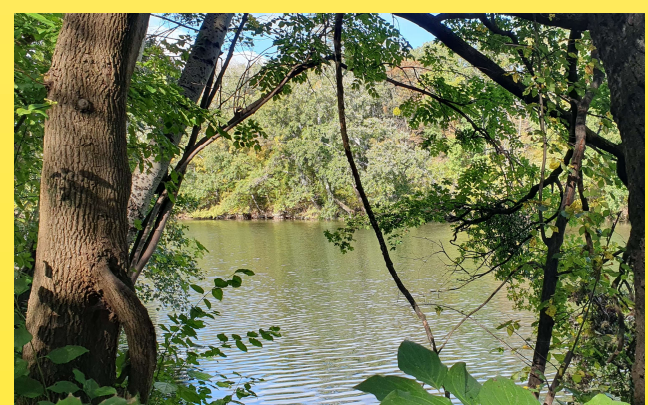
It supports and promotes the body's own self-regulatory forces and can regulate disturbances in well-being.



Events

for friends and family

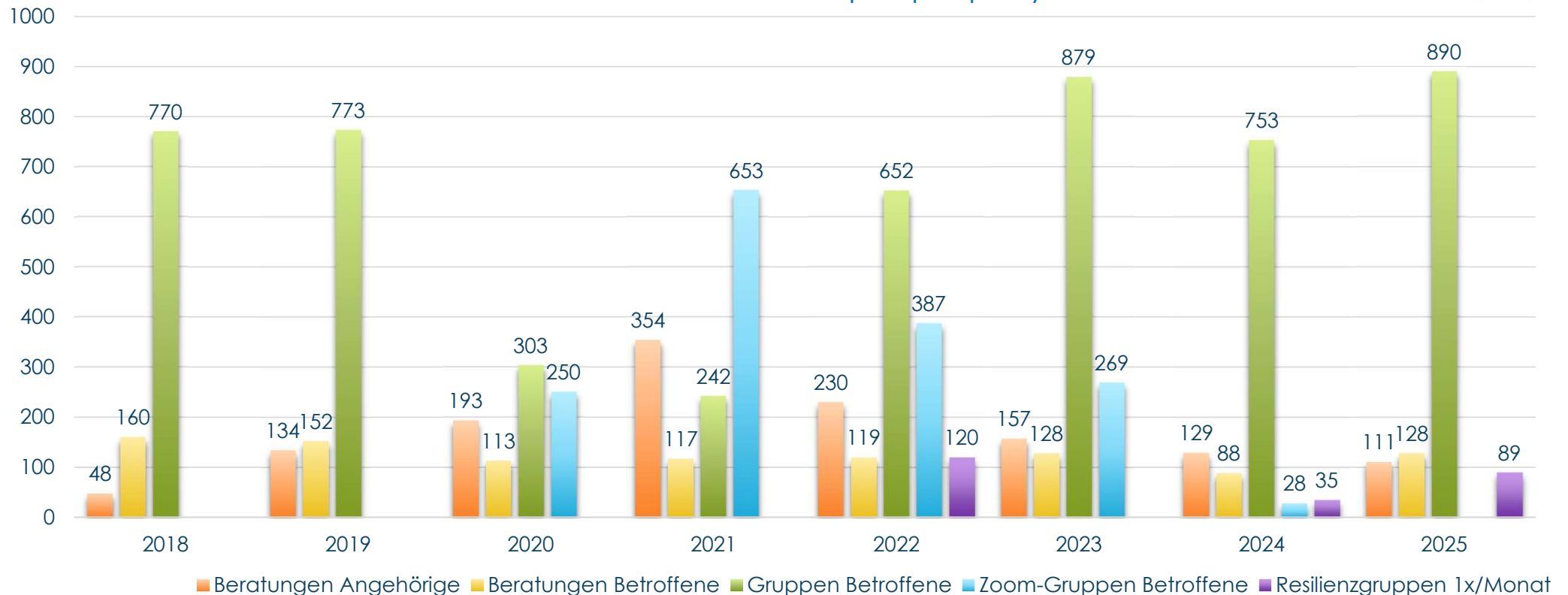
- ▶ Hiking trips
- ▶ Alcohol-free meetings and events
- ▶ Presentation of the association's work to aspiring psychotherapists at University, in hospitals and other social organisations
- ▶ Information stand at events organized by the City of Vienna, such as "Self-Help Day," "Mental Health Day," and others



Taking advantage of the offer



cumulative number of people per year



2020: 04-08 & 11, **2021:** 01-06 & 12 Corona Lockdowns

2022: 120 Resilienz = 60 Resilienz Angehörige, 60 NADA/Meditation Ang. & Betr.

Seit Juli 2024: Resilienz Angehörige & Betroffene, Beratungen Angehörige inkl. NADA



**Blaues Kreuz Wien und Wien-Umgebung
Raiffeisenbank Wien**

IBAN AT55 3200 0000 04560421



The Blue Cross Vienna pursues exclusively and directly charitable purposes.

Our expenses cover the operating costs of the counseling center, office maintenance, communication, time spent on counseling sessions and group meetings, coffee and cookies, events, and the professional development of our counseling staff. This is financed almost exclusively through membership fees and voluntary donations.

We appreciate every donation 😊



Hermann
Chairman
Advice affected



Gabriele
Committee
NADA-Therapie
Resilience training
Advice relatives



Birgit
Committee
Organisation,
Kommunikation & IT



Karin
Committee
Advice affected

<<< Team >>>

Libertad
Psychotherapist



Georg
Trainee

Maria
Creativgroup



Mirja
Trainee

Sabina
Trainee



Single-, couple- and familytalks
by appointment

Contact

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Advice Center:

[Felbigergasse 60/1, 1140 Wien](#)

0699 14651902
for affected

0660 9113114
for relatives



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