



THE BUTTERY
ENRICHING LIVES

WHAT DOES INTRA STAND FOR?

INTRA aims to reduce harms from alcohol and other drug use, and to promote recovery.

Harm Reduction

INTRA tries to maintain open and respectful communication about drug use. We do not condone drug use. Rather, the principles of harm reduction allow us to work with people with diverse goals in relation to their use.

Recovery

INTRA supports people in the process of pursuing a fulfilling and contributing life regardless of the difficulties they have faced.

WHERE DOES INTRA OPERATE?

INTRA has offices in Lismore and in Byron Bay. We also offer group programs in other locations across the Northern Rivers.



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P.O. Box 42

Bangalow NSW 2479

Main office: (02) 6687 2835

Lismore office: (02) 6622 0429

Byron Bay office: (02) 6680 9098

Fax: (02) 6687 1039

Email: intra@buttery.org.au

<http://www.intra.org.au>



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WHAT IS INTRA?

INTRA is a free and confidential community-based service provided by the Buttery.

There are no costs involved and no referral needed.

To find out more or to make an appointment please call us. If the office is unattended leave a message and we will get back to you as soon as possible.

WHAT DOES INTRA DO?

At INTRA we offer:

- Assessment, individual counselling and group programs
- Special programs for young people
- Training, support and consultancy for other services and community groups

WHO IS INTRA FOR?

INTRA is for adults and young people who:

- Want to cut down or quit
- Have quit but want support
- Families and partners who are concerned about a family member's use



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