



TIME,

PLACE & DATE

This course is five consecutive Monday nights with a sixth session three months later:

Time: 6pm—8.30 pm

Place: 140 Grange Rd (the church)
Carnegie. Victoria. 3163.

Commencement dates 2006:

- 18th September
- 6th November

ARC will also run :

- 3rd October (Middle Park)
- Kilbride Centre

Bookings are essential as numbers are limited.

Enquiries 9573 1782

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ABN 18052 525 948



ARC

a program of



Family Drug Help

Helpline: 1300 660 068

Angela Ireland Project Development Coordinator

Email address: arc@sharc.org.au



THE ARC THAT FDH BUILT

ARC Action-based Recovery Course
*This course **for family members** is both educating and challenging. We explore various options of self-help with the intention of bringing greater harmony to our own lives, and to the lives of people within our circle. We provide a comprehensive workbook with the program with extra reference materials and practical exercises.*



AER
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REHABILITATION FOUNDATION
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ARC enrollment

For course commencing.....

Name.....

Address.....

.....

post.code

Contact number.....

Email.....

No of people attending.....

There is a \$40 donation per person for provisions for the six week course which includes:

- 70 page workbook
- Food & refreshments

Please make payment out to 'SHARC'

Address: ARC at Family Drug Help

140 Grange Rd (the Church)

Carnegie .

Victoria, 3163

ARC program

Week one Steps to Change

- Do you seem to be going around in circles?
- Does the same thing keep happening over and over?
- Do you feel constantly at the mercy of something you can't control?

If you answer "yes" to any of these questions this course is for you. Steps to Change offers opportunities to examine the positive and negative cycles in our lives and to reclaim power through knowledge.

This session will provide insight into the patterns of your life and strategies for improvement, from pain to power.

Week two

Boundaries and Personal Responsibility

This session provides a space for questioning ourselves about our boundaries and our level of contentment in our relationship with a problematic drug /alcohol user. Understanding clearly what's 'mine' and what's 'yours' can help us add or remove our boundaries, according to what we feel comfortable with, in any given relationship. Knowing when to step in and when to resist becoming involved in others' issues can reduce your stress and assist the other person to experience the outcome/s of their actions. In so doing you are creating a possibility for them to develop a sense of responsibility for their behaviour.

Week three

How someone else's substance use impacts on our health & behaviour

This session looks at the language of change from pain to power. How do we cope with our fear? We examine the effects of guilt & worry on our health & explore various ways to restore the calm. Other forms of self-care are investigated, such as identifying our own cycles.

There are exercises to identify the triggers which sometimes cause us to become overwhelmed with emotions or embroiled in conflict. We examine the dangers and the associated health risks of not feeling in control, and continue the theme of reclaiming our lives.

Week four

Dialogue with a person in recovery

The purpose of this session is to give you insight into addiction and pathways to recovery, through a personal journey.

The manager of SHARC Recovery Support Services has been in recovery from severe addiction for 22 years and will provide a personal insight into the pathways of recovery :

The personal story of the lived experience is shared and the opportunity to ask questions and explore aspects of their recovery is provided.

Week five

Where to from here?

This session looks at alcohol from the perspective of self care. Providing self help options to healthier management of our lives. Binge drinking can be the gateway to other issues. This session explores the effects of binge drinking and some lesser known consequences that will surprise.

Self care is often neglected when we are in chaos.

This is also an experiential session focusing on the task of recovering or maintaining one's life and relationships with others, in the face of stigma, cultural conditioning and isolation. We explore options for self care and options for accessing and maintaining more information and support. We experience an opportunity to identify and overcome obstacles to self focus and self help.

Week six

Relapse prevention

This session is three months after week five and examines the triggers of relapse from both the user and family members perspective. This is also a valuable opportunity for further clarification of strategies explored in the ARC program, and for investigating issues that might have arisen in the past 3 months.