

Family Drug Help

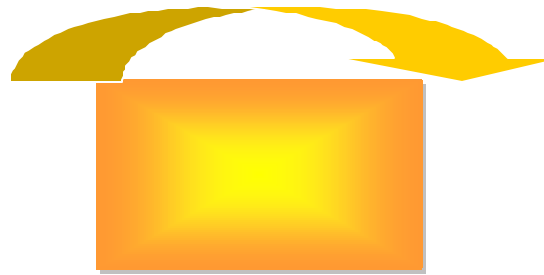
Offers the ARC program for the family members of a person with problematic alcohol and other drug use

"I have learned and felt so much better about myself since doing the course; over the last 6 weeks I have challenged myself in different ways and it's given me the confidence to better handle my relationships."

The ARC program runs for six consecutive weeks.

To find out details of times, dates and places contact the Helpline or ARC Coordinators

Bookings are essential



is a program of

FAMILY 
DRUGHELP

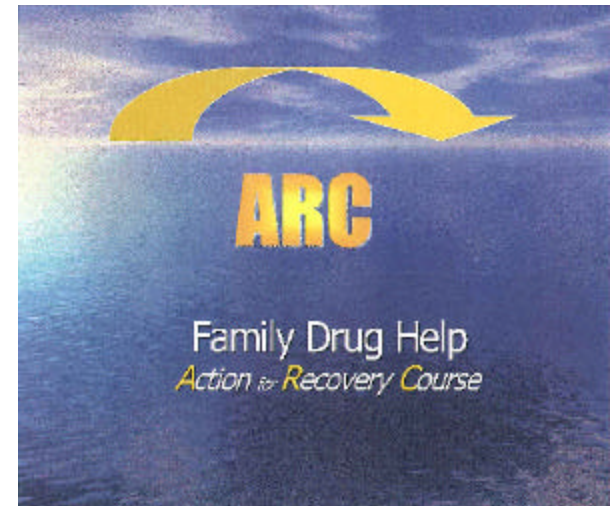
Helpline: 1300 660 068

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ARC Coordinators

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ABN 18052 525 948



ARC Action-based Recovery Course

This self development course **for family members** of a person with problematic alcohol /drug use, is both educational 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 family unit.

We provide a comprehensive workbook of strategies along with other tools to support change for families.

Knowledge is power and through self discovery we can overcome destructive patterns and create the change we want for ourselves.

ARC enrollment

Name.....
Address.....
.....
Postcode
Contact number.....
Email.....
No of people attending.....

There is a \$60 donation per person for provisions for the six week course which includes:

- 80 page workbook
- Other materials
- refreshments

Please make payment out to 'SHARC'

Postal Address: ARC at Family Drug Help
140 Grange Rd (the Church)
Carnegie
Victoria, 3163

ARC program

Stages of 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. It will also provide some strategies for motivating substance users to enter treatment.

Boundaries

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 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.

Guilt and Worry

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, of reclaiming our lives. We identify positive coping skills and strategies for the various scenarios we face and practice some positive steps that enable us to change the negative patterns of our lives.

Praise and Acceptance

In this session we practice positive communication strategies and how to communicate more effectively. We focus on how to incorporate praise into our daily life, and the importance of acceptance. In this session we also provide you with an opportunity to hear the story of a former problematic drug user. You will gain a new insight into addiction and be able to ask questions and explore aspects of their recovery.

'The Choice is Mine'

In this session we focus on giving you strategies for changing your outlook on life into a more positive one. Recognising and practicing gratitude and forgiveness are strategies for creating greater well-being in our lives. This session investigates our choices in creating this pathway using 'seven ways to reclaim our lives.' We also look at how to achieve a 'well balanced life.'

Where to From Here?

In this session a plan is developed for the future. Each individual has their own personal plan, where they are able to develop goals and examine possible triggers of relapse for both the user and family members. This plan is also a valuable opportunity for family members to clarify any strategies explored in the ARC program. It also allows exploration of any issues that may have risen during the program, with the option of further support with the family counsellor at FDH.