



A program  
for family members commencing

Daytime

Date: Thursday 1st November

Time: 1pm-3-30

Place :1st floor, 116 Hardware St

City Melbourne

Evening

Date: Tuesday 23rd January

Time : 6.pm to 8-30pm

Place: 140 Grange Rd.

Carnegie

(former church)

This course is six consecutive sessions

Bookings essential numbers limited

A program of



Helpline: 1300 660 068

Angela Ireland  
ARC Coordinator  
Email address:  
arc@sharc.org.au

**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.

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



ABN 18052 525 948



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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

#### Dialogue with a person in recovery

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

This is an opportunity to hear the story of a former problematic drug user and have the opportunity to ask questions and explore aspects of their recovery .

We also practice positive communication strategies in this session .

### Week four

#### 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.

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.

### Week five

#### Where to from here?

An introduction to creative arts therapy using individual and group creative processes to connect with emotions and arrive at new understandings. Creative arts are gentle life affirming and transformative.

They allow for expression in realms where words fail us.

We will end with a positive session on 'seven ways to reclaim our lives' and investigates what choices we have culminating with a plan for the future

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

### Week six

#### Control your thoughts and you control your life

This session develops a plan for the future and also 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 .