

Welcome to Family Drug Help

The Action-based Recovery Course (ARC) offers family members of a person with problematic alcohol and other drug use the chance to learn more about their role in recovery.

The six-week educational program explores various options of self-help with the intention of bringing greater harmony to our lives and to the lives of the people we love.

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

The ARC program follows a structured format and participants are provided with a workbook of strategies, along with other tools to support change.

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

Bookings are essential. Phone the ARC coordinator on: 9573 1706 or 1300 660 068 to book a place or find out more about the program.

CONTACT US

Call the Helpline 1300 660 068

Visit: www.familydrughelp.com.au

Email: fdh@sharc.org.au

Drop in: 140 Grange Road,
Carnegie, Victoria 3163

Family Drug Help
is a program of:

Self Help Addiction
Resource Centre
140 Grange Road,
Carnegie, Victoria 3163
Melways Ref: 68 F5

sharc

FAMILY DRUGHELP
We've been there

FAMILY DRUGHELP
a program of sharc

Helpline 1300 660 068

www.familydrughelp.com.au

Action-based Recovery Course (ARC)

How we can help you

ARC enrolment form

Name.....

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Address.....

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Contact number.....

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Email.....

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No. of people attending.....

Venue.....

There is a \$60 fee per person for provisions for the six weeks which includes:

- Comprehensive workbook
- Other materials
- Refreshments

Please pay in cash or by cheque prior to course date.

Payments can be made out to 'SHARC'

Postal address:

ARC at Family Drug Help
140 Grange Road
Carnegie VIC 3163

COURSE CONTENT

Week 1: 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, the ARC course is for you. Stages of change offers opportunities to examine the positive and negative cycles in our lives and to reclaim power through self-awareness. This session will provide insight into the thought and behavioural patterns in your life and strategies for improvement, moving from pain to power.

Week 2: Boundaries

This session provides a space for questioning ourselves about the personal boundaries we set and our level of contentment in our relationships. Understanding clearly what's 'mine' and what's 'yours' can help us to add or remove boundaries, according to what we feel comfortable with. Knowing when to step in and when to resist becoming involved in another person's issues can reduce our levels of stress and assist others to experience the outcomes of their actions. In doing so we are creating a possibility for others to develop a sense of responsibility for their own behaviour.

Week 3: Guilt and worry

How do we cope with our fears and anxieties? What is guilt doing to our mental and physical health? In this session, we examine the effects of guilt and worry on our health and wellbeing and explore various ways to restore the calm. 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 associated health risks of not feeling in control of our actions. We practice positive coping skills by looking at how to achieve a well-balanced life.

Week 4: Praise and acceptance

Positive communication strategies are the focus of this session. Learning how to communicate effectively takes time and a lot of practice. We look at how to incorporate praise into our daily lives and how an increased sense of acceptance can bring about a happier, more positive mood. Recognising and practicing gratitude and forgiveness creates greater wellbeing and personal satisfaction in our lives.

Week 5: The choice is mine

In this session, the focus is on changing our outlook to a more positive one, using strategies such as 'the seven habits' and positive psychology. There is also the opportunity to hear from a person who is currently in recovery. Sometimes it can be difficult asking family members about their alcohol and drug use. Gaining a valuable new insight into addiction and having the opportunity to ask questions and explore aspects of an individual's recovery can be a very powerful experience.

Week 6: Where to from here?

We all need plans and goals for the future. With a written plan, we have a better chance of reaching our desired outcomes. It's an opportunity for us to identify possible triggers for relapse for both us and our other family members. There's also the option of receiving additional support from Family Drug Help's family counsellor and support group network.

