

Benefits from attending

The Supper Club:

- Sharing and gaining emotional support from people who have been through a similar experience
- Mutual learning: learning about oneself from others in the group
- Reducing the stigma and isolation and gaining the sense that you are not alone and that your grief responses are shared by others
- Group cohesion: experiencing an increased sense of belonging
- Imparting of information and wisdom
- Access to a resource library, referral for bereavement counselling

Meeting time:

The first Tuesday of the month
(except public holidays)
6.00 pm—8.00 pm
Bookings are essential

If at any meeting issues arise for you that you find difficult to deal with in the group, and there is not enough time for discussion, then speak with the Group Coordinator Kerryn Super on 9573 1785 or email ksuper@sharc.org.au



140 Grange Road
Carnegie, 3163
Ph: 9573 1785

www.familydrughelp.com.au



“ The Supper Club ” Member 's guide

Family Drug Help new
Support Group for family
members who have lost
loved ones as a result
of substance use

Assurance

This brochure outlines what you can expect at FDH Supper Club Support Group Meetings and what is required of you.

We recognise that every member has a unique story and no-one else can know what you are struggling with or what is best for you, or give you definite answers.

It is through sharing of our stories and listening to each other's experiences that we gain insight into how to take care of ourselves, as we live through these challenging times. Our meeting agreements create a framework of safety for all members and provide a climate that supports sharing, fellowship, authenticity and change.

"I wanted support, understanding, just people being there who had gone through what I was going through myself."

When you attend a support group you can expect:

- To be warmly welcomed
- To have anything you share remain confidential
- To be treated with respect
- To be listened to without judgment
- To hear others' stories and gain insight, hope and ideas
- To benefit from mutual support

Agreements

When you're at the meeting, we ask that you agree:

- To observe and protect the confidentiality of other members
- To treat all members with respect
- To refrain from talking when someone is speaking
- Share your experiences, however refrain from telling others what to do

The group inception and objectives evolved from the rising need for support from a unique group of parents who have lost their loved ones due to substance use.

A Professional Facilitator will facilitate and foster a group interaction that encourages learning of coping skills and mutual support. The facilitator's role is not to provide counselling or answers. As a member of the group you will have an opportunity to speak on your first visit, if you wish. Member's input and contribution will be encouraged and appreciated.

"I was very isolated...I knew rationally that I couldn't be the only person going through this, but at the time it seemed like it".

"I just wanted to share my experience with others and listen to other's experiences, just to know that what I was going through was pretty normal".