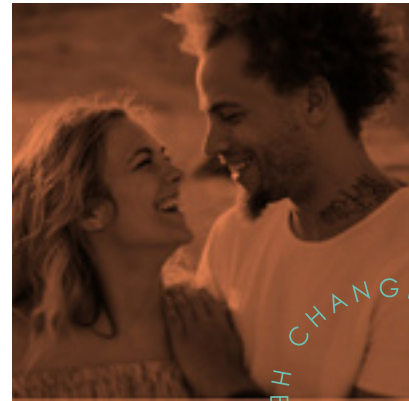


# Family Support Group

The Family Support Group is a weekly support group designed specifically for the families, partners, friends and carers of people experiencing addiction or mental health concerns. The course is available to everyone, including those with loved ones who are still struggling, whose loved ones are in treatment or who are in recovery.



CHANGING LIVES  
HEALING FAMILIES

## About

Do you have a loved one who is struggling with addiction? Are you feeling helpless, confused, angry or scared?

The Family Support Group has been designed to provide ongoing support and education to family members and loved ones of people experiencing addiction or in early stages of recovery.

The people closest to a person with addiction are often drawn into behaving in ways and doing things that they are conflicted and uncomfortable about. This is the addiction at work. The program helps family members to see how the addiction is impacting them and others in the family. Improving understanding and knowledge around addiction and mental health is empowering and freeing.

This group is facilitated by experienced and qualified therapists who offer support and education for family members and friends and provide a safe and non-judgmental environment where they can relate and share their own experiences and feelings with other group members who are experiencing the same feelings.

+

**2 Hour  
Support Group**

+

**Online**

+

**Available to Anyone**

+

**Self-funded**

## Program Content

- Shows you how to support a loved one on their journey to recovery
- Educates on the underlying causes of addiction and mental health disorders
- Explains the role of the family system and how it is intrinsic to the process of Recovery
- Connects you to others with similar experiences, so you don't feel alone
- Supports you in your own journey of healing
- Provides a snapshot of treatment options at South Pacific Private
- Develop communication and boundary setting skills

## Who is it for?

This program is suitable for all people who have a loved one in active addiction and and/or early recovery.

*Please note: Completion of the 1 day Family Education Day is highly recommended however we recognise that that people's life circumstances and responsibilities are different and this may not be possible.*

## Cost

This is a self-funded program. In person and online participation costs come to \$80 per person/session. Private sessions are set at \$500 per family/session

We also offer special packages that include Family Education Day (1 day), Family Support Group (6 weeks), and the Family Program (3 days with you and your loved one) for \$1,350/per person.

For more information please contact our Intake Team on 1300 063 332.

## Program Delivery

The Family Support Group Program is available:

- 1 evening per week in person for 6 weeks [7 to 9pm] \*
- 1 evening per week online for 6 weeks [7 to 9pm]

Contact our Intake team on 1300 063 332 for a full list days and times available.

*\* Due to Covid we are only offering this group online currently*

## How to get started

For family and friends who currently have a loved one in treatment at South Pacific Private – our family support team will contact you within 24hrs to discuss the program once consent to contact is established with your loved one.

For clients and family and friends new to South Pacific Private please contact our Intake team on 1300 063 332.

**Our Intake Team is available to answer your questions.  
Call 1800 063 332 now.**