

The Pathways to Change Men's Program

It is designed specifically to respond to men experiencing problems with their use of alcohol, other drugs and / or gambling problems.

Aims to increase male client's understanding of their use of alcohol, other drugs or other related behaviours.

Assists male client's to develop their coping strategies and problem solving skills appropriate to their unique situations.

Is sensitive to their different issues and needs of men experiencing substance use and other behavioural problems.

This is a 12 week program.
2½ hour sessions each week.
Each session includes relaxation education and group discussion.

There is a different topic for each week.

Issues addressed for men include:

Process of Dependency; Relapse Prevention; Self-esteem; Self-Responsibility; Boundaries; Grief and Loss; Family Dynamics; Shame and Guilt; Assertive Communication; Stress and Emotions; Personal Beliefs; Coping Behaviours; Men in Relationships.

The Pathways to Change Programs aims:

to break the cycle of dependency. Through our family systems approach we provide help and support to those with an alcohol / drug and / or gambling problem.

At Holyoake we:

- Aim to help clients develop effective coping skills
- Provide options and choices
- Empower people to make their own informed decisions
- Listen and discuss as equals
- Are non-judgemental

The group process allows people to feel accepted and listened to in a safe, non-threatening environment. This process of group interaction lowers anxiety, increases awareness and promotes an atmosphere of change.

Group sizes of up to eight people meet to explore and confront their fears, concerns and hopes.

Group meetings allow each person to be with others who understand their position and to build a peer support network for their future.

Graduates of the program can access an ongoing support group once a month.

How you can get service:

For enquiries or referral please phone Mercy Services on **4961 2686** and ask for the **Holyoake Program.**

Groups to be run at:

Mercy Services
32 Union Street, Tighes Hill

Holyoake is...

- A registered charity
- A non-profit organisation
- Supportive and non-judgmental of individuals and families

Holyoake is not...

- A religious organisation
- Into blame
- Confronting

What to do:

You must first call to make an appointment. We then arrange an interview time to discuss the program.

We will notify you to let you know if you have been accepted into the program & the session times; or notify you of appropriate referral agencies.

Interviews are by appointment only.

Program donations

As our funding does not fully cover costs of the program, we request that clients contribute towards the cost.

Fees are based on a sliding scale to meet the needs of each applicant.

Contributions are tax deductible and are negotiable in special circumstances at the initial interview.

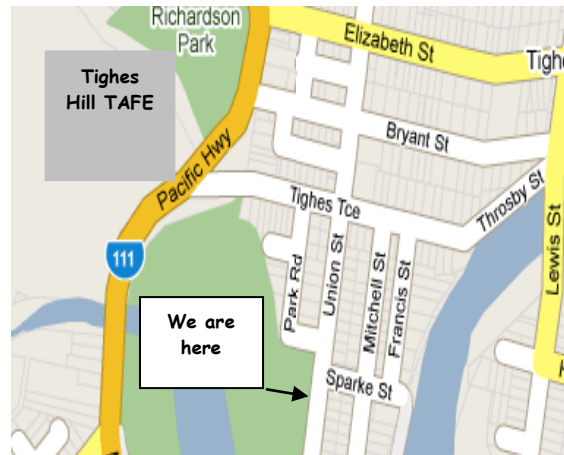
Childcare is not available.

**Mercy Services
Holyoake Programs**
32 Union Street
Tighes Hill NSW 2297

Telephone: 4961 2686

Fax: 4969 5149

www.isthisyou.org.au



An Australian Government Initiative

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Holyoake **Pathways to Change**

12 week program for Men

