
Have you been affected by another person's drinking, drugging, gambling or other addictive behaviour?

- Do you feel your life is being torn apart because of another person's drinking, drugging, gambling or other addictive behaviour?
 - Do you feel resentful, ashamed or angry?
 - Are you tired of pretending that your family is ok?
 - Do you feel alone and that no-one else knows how you feel?
 - Are you becoming someone you just do not want to be?
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How does it work?

Prior to commencing the program there is an initial interview with a Holyoake counsellor. Groups of 6-8 people meet for either **day** or **evening** sessions.

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

Importantly, groups reinforce the knowledge that people are not responsible for another person's drinking, drugging or obsessive behaviour.

Who is it for?

- Spouses
- Partners
- Parents
- Employers
- Care-Workers
- Adult children of alcoholics
- Relatives, friends

Program Content

Each session includes relaxation, information and group discussion.

Topics include:

- Process of Dependency
- Family Dynamics
- Stresses & Strain
- Grief & Anger Management
- Self-Esteem
- Effective Communication
- Boundaries

*This is a 12 week program.
2½ hour sessions each week.*

Program donation

- Unsalaries \$25 per week
- Salaries \$35 per week

Donations are negotiable in special circumstances and are tax deductible.

When we work

Interviews are by appointment.

Appointments are arranged to suit individual family circumstances.

How you can get service

For enquiries or referral please phone us on **4961 2686**.

Holyoake is...

- ✓ An agency that supports people who are affected by another person's drinking, drugging, gambling or other addictive behaviour
- ✓ A registered charity
- ✓ A non-profit organisation
- ✓ Supportive, non-judgmental of individuals and families

Holyoake is not...

- × A religious organisation
- × In to blame
- × Confronting

**Mercy Services
Holyoake Programs**
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Mercy Services

**Relationships
in Focus**



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