

The Pathways to Change Women's Program

It is designed specifically for women who are experiencing problems with their use of alcohol, other drugs and / or gambling problems.

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

Aims to increase the understanding of the effects of using on dynamics in the family context and the role that alcohol/drug use plays in maintaining these dynamics.

Aims to empower female clients by assisting them to develop strategies and skills appropriate to the unique situation.

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 women 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; Women 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 organization
- 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.

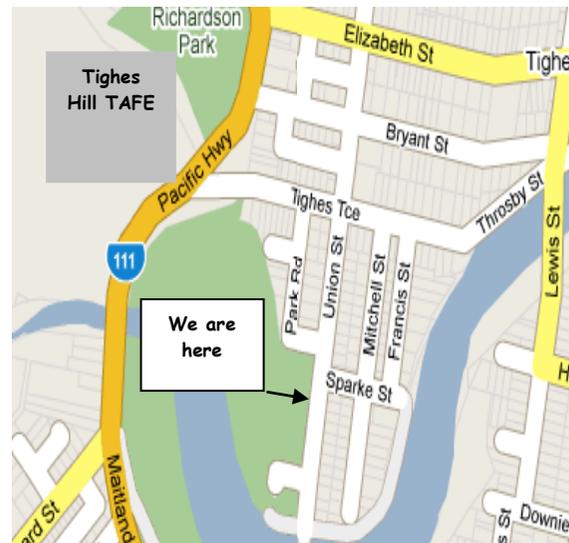
Morning or afternoon tea will be provided.

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



Mercy Services

Holyoake **Pathways to Change**

**12 week
program for
Women**

