

Bridges



**Is your life being affected by
another persons alcohol & other drug issues?.
You are not alone!**

Group for "Family Members, Partners and Carer's "

**Every Thursday evening for six weeks from 6pm to 7.30pm
Starting 22nd April 2010**

This is an open group. Weekly attendance is recommended

The purpose of the Family Members Group is to :

- Provide a weekly format for group members to talk about personal difficulties with others in similar situations
- Create a place where people can learn and practice assertive communication skills
- Encourage group member to maintain their physical and psychological health and wellbeing during emotionally stressful times eg set boundaries for themselves
- Allow member to focus on clear goals for themselves and create a plan for their achievement

This is a safe, non- judgmental group to assist participants manage challenging situations more effectively

Refreshments will be provided

Fee: No charge

Facilitator: Sylvia

Where: Bridges 119 Flushcombe Rd, Blacktown

For more information or to book please call Bev on 9622 7511



There's more to drug use than drugs

www.bridges.org.au

