

ACTION-BASED RECOVERY COURSE (ARC)



140 Grange Road, Carnegie VIC 3163
Helpline: 1300 660 068 Fax: 03 9572 3498
Email: fdh@sharc.org.au www.familydrughelp.com.au
www.siblingsupport.org.au



“The course was really fantastic. Structured, but informal enough for people to feel comfortable within the format, and very educational.”

Bookings are essential.

Phone the ARC coordinator on:
9573 1706 or
1300 660 068
arc@sharc.org.au
To book a place or find out more about the program.

Program Content: 2 hours per week for 6 weeks

Week 1: Stages of Change

Are you going around in circles? Is the same thing happening over and over? This session looks at the cycle of addiction which is important for families to understand as families themselves can get stuck in a cycle of negative behaviours.

Week 2: Boundaries

In this session families learn to define ‘what’s yours and what’s mine’, establishing & setting boundaries and knowing when to step in or out of another person’s problems - which families often struggle with.

Week 3: Guilt & Worry

This week looks at how we cope with fears & anxieties as well as examining the affects of guilt & worry. We explore various ways to restore calm in families lives. We practice positive coping skills by looking at how to achieve a balanced life, despite what our loved one is doing.

Week 4: Praise and Acceptance

Learning how to communicate effectively is the goal of this session. Recognising opportunities to practice gratitude, acceptance and forgiveness creates greater well-being and personal satisfaction in our lives and improves our relationship with our family member.

Week 5: The choice is mine

Discussions on how to change your outlook to a more positive one using positive psychology, is the focus of this session. Families also get the opportunity to hear from a person in recovery and gain new insights into the world of addiction.

Week 6: Where to from here?

This session focuses on plans and goals for the future. We learn to recognise that there may be relapses and discuss how to manage them. Support doesn’t stop here; we link you in with Family Drug Help’s other programs such family counselling and support groups.

