

Strength from sharing

The success of a free program helping families isolated by a loved one's drug use has led to the creation of a monthly support group.

Swinburn Community Health (SCH) drug and alcohol team leader Jim Carbone said residents who had taken part in recent Action for Recovery courses were looking forward to the group's first meeting on July 11.

The peer-based group will give parents, siblings and other relatives the chance to discuss their issues on the first Monday of every month.

"For many, the chance to meet with people who know exactly what they are going through will be life-changing," Mr Carbone said.

The group will focus on the wellbeing of families, providing strategies to cope with addictive behaviours and giving members an opportunity to share stories and learn from each other in a non-judgmental setting.

The launch follows a series of Action for Recovery courses delivered by the Self-Help Addiction Resource Centre.

This program covered topics such as boundaries, guilt, worry, communication and acceptance.

It was organised after more than 70 people attended a community forum that focused on problems caused by the rising use of crystal methamphetamine (ice).

Further meetings will be held at SCH, in Mairdoun Street, from 6-8pm on the first Monday of every month.

More details: 9573 1784

Matt Crossman

Alcohol and drug counsellor Matthew Giverson talks to a client. (Image: iStock)

