

## SUNBURY

# Workshops for addiction support

SUNBURY residents who are struggling to cope with a loved one's alcohol or drug use can develop strategies in a six-week Action for Recovery Course being run by the Self Help Addiction Resource Centre.

Supported by the Sunbury Community Health, the free program to run on Monday evenings will cover topics such as boundaries, guilt, worry, communication and acceptance.

Sunbury Community

Health alcohol and drug team leader Jim Carlton said the course was funded by Sunbury Community Health for affected residents who want to confront the various challenges of addiction.

It was first offered last September after a forum on the drug issue in Sunbury.

"The course can take up to 12 people and up to two per family and from feedback we have received from family members we know there has

been some big gains," Mr Carlton said.

"We have had phone calls from parents who came along last year and we are hearing their children are clean off ice and the family is reconnecting."

Mr Carlton said one of the motivations for providing the at-times challenging group learning environment was to head off many of the myths about ice and other addictions in the community.

Mr Carlton said Sunbury Community Health was hoping to establish an ongoing self-help group to continue after the course.

The free Action for Recovery Course runs on Monday evenings from May 23 to June 27 from 6-7.45pm.

It's at Sunbury Community Health, 12-28 Macedon St, Sunbury.

To register, call Family Drug Help at SHARC on 1300 660 068 or email [arc@sharc.org.au](mailto:arc@sharc.org.au)