

## Groups tackle addictions together

It's often the families and friends of people abusing drugs and alcohol that need most support, with their loved ones caught up in addictions.

Sunbury Community Health is hosting two free information and support sessions next month for people who want to help family or friends who are struggling with addictions.

Program facilitator Tracey Alder said the six-week action recovery course (ARC) starts on November 2 at the centre, and focuses on understanding drug and alcohol use, and abuse.

"It provides you with knowledge and skills to better understand addiction," Ms Alder said.

"It explores ways of improving your relationships, and offers techniques to cope with anxiety and stress.

"[The course] covers topics such as boundaries, guilt, worry, communication, acceptance, and includes a comprehensive workbook of strategies to support change for families."

Sunbury Support Group is an ongoing monthly support program. Ms Alder said group sessions focus on the wellbeing of the families involved, helping them learn about addiction and addictive behaviour, and giving them strategies for coping with addictive behaviours. Attendees share stories and learn from each other.

The ARC runs from 6pm to 8pm on Mondays, while the Sunbury Support Group meets on the first Monday of each month, 6-8pm. Bookings are essential.

Details: 1300 660 068.

**Esther Lauaki**