



Education and Therapy Groups 2012

Alcohol and Drug Service

- What are they?** The Alcohol and Drug Service regularly runs support and education groups for people who are having difficulty with alcohol and other drugs, people seeking support in preventing relapse, and for friends and family members.
- How do I access them?** Call 6207 9977 for the Alcohol and Drug Service Intake & Helpline.
- How much does it cost?** All groups are free but require registration to attend.

Controlling Your Cannabis Use Group

Content: A 3 hour course over 2 weeks for cannabis users wanting information on strategies to reduce cannabis use.

When: 20th & 27th February; 21st & 28th May; 20th & 27th August; 19th & 26th November

Time: 2 – 3:30pm

Supporting Families and Friends Group

Content: A skills-based 5 week program for families, friends and carers of people with substance use issues designed to manage stress and facilitate healthier relationships with loved ones. A supportive and safe environment to share personal experiences and wisdom.

When: 1st Program 30th of May, 6th, 13th, 20th & 27th of June

2nd Program 17th, 24th, 31st of October, 7th & 14th of November

Time: 2pm – 4pm

Controlling Your Drinking Group

Content: A 3 hour program over 2 weeks designed to help people assess their alcohol use and possible barriers that prevent them from reducing their use.

When: 19th & 26th March; 4th & 11th June; 3rd & 10th September; 5th & 12th November

Time: 2 – 3:30pm.



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Relapse Prevention Group

Content: An ongoing, therapeutic group for adults with alcohol and other drug issues who wish to develop and maintain healthier lifestyles. Participants need to be involved in individual counselling. Requires a minimum of six weeks attendance if a certificate is required.

When: Wednesdays 9:30 – 11:30am

Mindfulness, Meditation and Stress Management Course

Content: A 5 week group program designed for individuals with, or caring for, someone with alcohol and other drug issues who want to learn: meditation and other mindfulness techniques; how to identify and let go of unhelpful thoughts, feelings, sensations and urges; and how to better manage stress and uncomfortable emotions.

When: 1st Program 6th, 13th, 20th, 27th of Feb & 5th of March

2nd Program 16th, 23rd, 30th of July, 6th & 13th of August

3rd Program 3rd, 10th, 17th, 24th of September & 1st of October

Time: 10:30 – 12:30pm

Advanced Mindfulness

Content: Ongoing meditation group for the people who have completed the 5 week mindfulness, meditation and stress management course.

When: Tuesday afternoon

Time: 3 – 4pm

Further information: For more information on groups and other services offered by the Alcohol and Drug Service please contact the Intake and Helpline on 6207 9977. The Alcohol and Drug Service is a program of the ACT Government Health Directorate.

Information correct as **January 2012**.