

## COMMUNITY AND FAMILY SUPPORT SERVICE

**The Community and Family Support Service is a twelve week counselling program for people who want help to address issues related to their own, or another person's, alcohol or other drug use.**

Our team of specialists provide non-judgemental and confidential support through weekly counselling sessions where we work with each person to identify their goals, and provide practical solutions to make progress towards them.

Our holistic approach means we help with any issues that might be contributing to, and maintaining, substance use.

For people with alcohol and other drug issues, we can help with areas such as relapse prevention, anger management, coping strategies, mental health support and referral to other specialist agencies.

We also help family members and significant others to understand alcohol and other drug use, and what they can do to help their loved one. We can also provide strategies to make changes to their own circumstances, implement healthy boundaries and build resilience.

## WHAT CAN I EXPECT TO GAIN?

In the first few sessions, our team get to know you and work with you to identify your short term and long term goals. By attending and engaging with the program, you can expect to develop strategies, learn new skills and make progress towards your goals.

## IS THIS PROGRAM RIGHT FOR ME?

When you contact us, we will help to match you with a program that fits your objectives, preferences, and the type of issues you are dealing with. Different programs have different approaches and areas of focus, so it's important for us to engage you with the program that can achieve the best results for you. If you need support outside of what we can offer, we can refer or connect you to other services.

## HOW DO I ACCESS THE PROGRAM?

The program is free, voluntary and no referral is required. Our flexible program delivery approach means that you can access support in our office, your home, a safe community space or via telephone.

## ABOUT DRUG ARM

Drug ARM is a specialist not-for-profit, non-government organisation that supports people, families and communities to achieve positive transformation through rehabilitation and treatment, outreach, family support, awareness and prevention, information and education, and advocacy and policy.

### Drug ARM Ipswich

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