



drug.ARM

## FAMILY SUPPORT PROGRAM

**The Family Support Program is a free service for parents, carers and grandparents who want help to face the challenges of family life and raise stronger, more capable and resilient children.**

Our team offers a safe space for families to seek help and advice, build skills and confidence and connect with other parents, carers, grandparents and children.

Through groups and individual consultations, the program gives carers the skills to be positive role models and support children with any issues that may arise including behavioural issues, learning difficulties, mental health, and alcohol and other drugs. Our team work alongside families to help manage difficult emotions, create routines, improve social skills, practice self-care, implement boundaries and structures, as well as address concerns with domestic and family violence, relationship issues and other concerns.

We can also offer direct support to children individually or with the family unit as a whole, and link families with other local support services.

## WHAT CAN I EXPECT TO GAIN?

When you engage with us, our team get to know you and work with you to identify your short term and long-term individual and family goals. By attending sessions, you can expect to develop strategies, learn new skills, and make progress towards your goals.

## IS THIS PROGRAM RIGHT FOR ME?

This program may be right for you if you have a child or children in your care from unborn to 18 years of age and you want support to deal with the challenges of family life. To be eligible your family cannot currently be involved with child safety.

## DOES MY FAMILY NEED TO HAVE AN ALCOHOL OR OTHER DRUG ISSUE?

No. We support all families who want to raise resilient kids.

## HOW DO I ACCESS THE PROGRAM?

Family Support 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. You can be engaged for just a few sessions or for a longer period of time.

## 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.

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### **Funded By**



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