

PARENT PROGRAM

support for parents
whose children are
misusing drugs or alcohol

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COUNSELLING AND EDUCATION SERVICE
DRUGS · ALCOHOL · OTHER ADDICTIONS **CHANGING LIVES**



A program for parents who are concerned about their adolescent's drug or alcohol misuse.

Whether a son or daughter is 15 or 30 they are bonded to us in a very special way.

The Parent Program offers support for parents who are concerned about their adolescent's drug or alcohol misuse.

The aims of the program are to:

- Strengthen the relationship between the parent and child
- Increase effective coping strategies
- Decrease psychological stress
- Increase skills in self care and self management
- Increase ability to manage the impact of alcohol or drug misuse
- Increase understanding of alcohol or drug misuse
- Recognise the effects of alcohol or drug misuse on the family dynamics

Parents completing the Parent Program have reported positive changes to their well-being, family relationships, coping styles and problematic lifestyle behaviours. In addition, their son's/daughter's alcohol/drug use stopped or reduced; regardless of them not seeking help.



**TO MAKE A REFERRAL OR TO FIND OUT MORE,
PLEASE PHONE (03) 6224 1777**