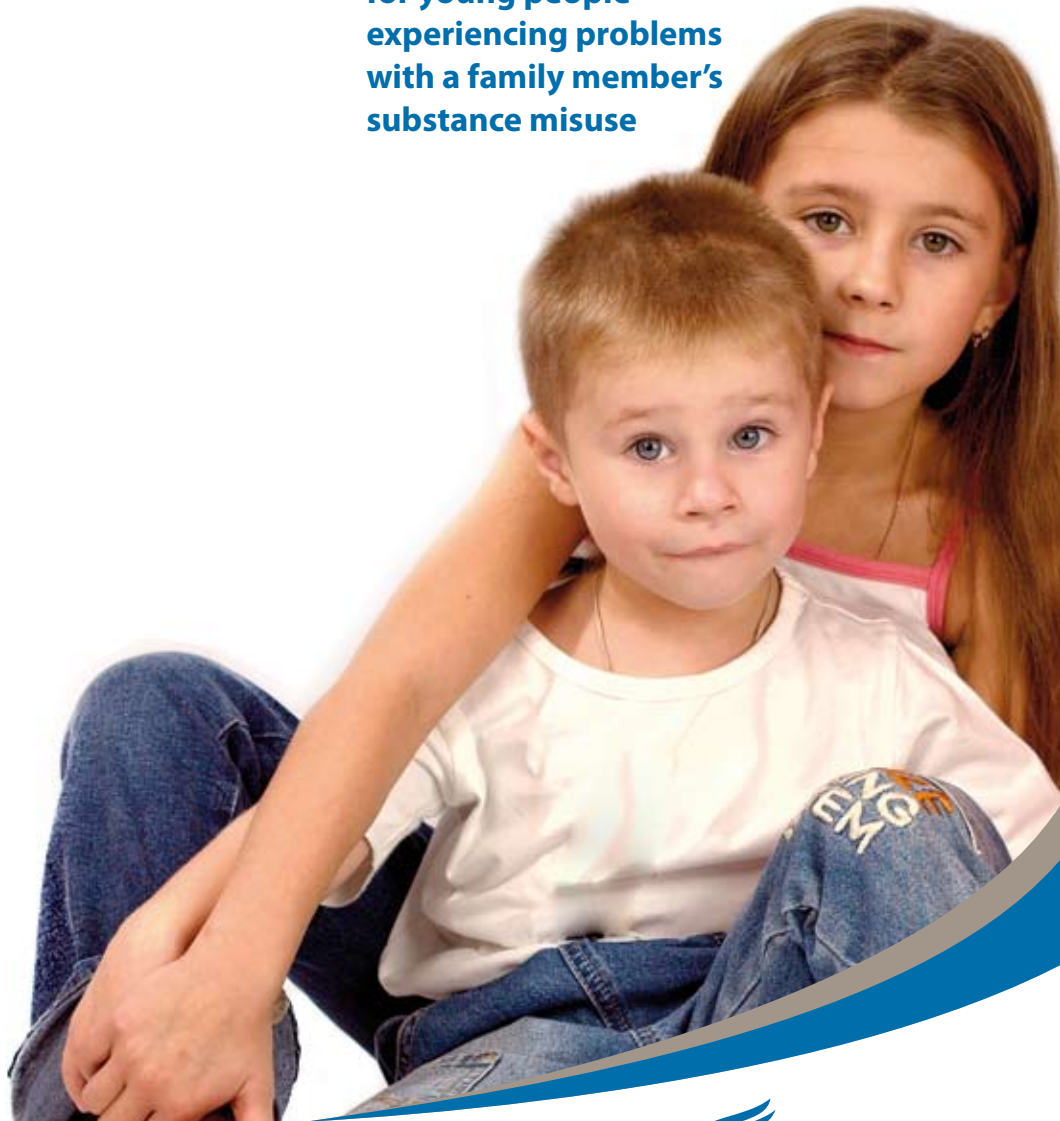


# YOUNG PEOPLE'S PROGRAM

for young people  
experiencing problems  
with a family member's  
substance misuse



## Holyoake Tasmania

127 Davey Sreet, Hobart Tas 7000

P 6224 1777 F 6223 1476

W [www.holyoake.com.au](http://www.holyoake.com.au) E [admin@holyoake.com.au](mailto:admin@holyoake.com.au)

ABN 24 495 893 991



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



## YOUNG PEOPLE'S PROGRAM



**A program for young people aged 5-17, who are experiencing problems with a parent's or other family member's alcohol or drug misuse.**

Living in a family where there are alcohol/drug problems can be very stressful for kids. Children may not be having their needs met, be confused by mixed messages and/or believe they are not safe. They may also become isolated, and find it difficult to trust others as well as their own thoughts and feelings.

The program aims to assist children to:

- Understand their feelings
- Understand family dynamics
- Identify the things they can and can't change
- Develop age appropriate communication skills
- Feel less responsible and isolated
- Develop age appropriate self protection skills

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

