

# Focus Program



*When someone is misusing alcohol or other drugs, gambling or engaging in other addictive behaviours, there can be a significant impact on their relationships with family and friends.*

The Focus program is specifically designed for those affected by someone else's problematic alcohol or drug use, gambling or other addictive behaviour.

Partners, spouses, children, siblings or friends of someone with an addictive behaviour are often faced with a range of issues and challenges:

- Trust issues in the relationship
- Conflict and communication breakdown
- Frustration and anger
- Grief
- Self-esteem issues
- Guilt
- Possible domestic violence or abuse
- Stress, anxiety and/or depression.

Individuals attending this program gain new skills and strategies to enable them to respond more effectively to these challenges.

The program empowers participants to make positive changes in their own behaviours that will improve their emotional wellbeing and quality of life.

**NEED TO  
TALK TO  
SOMEONE?**



**To make a referral or  
to find out more, please  
phone (03) 6224 1777**