

# Parent Program



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

We parents will always care and worry about their wellbeing of our kids, no matter how old they are. When a parent suspects, or knows their child is using alcohol or drugs, they move into a space they can't always control. This can create a range of feelings and issues:

- Fear
- Responsibility
- Anger
- Stress
- Guilt
- Overwhelmed.

The whole family is often adversely affected. The aims of the Parent Program are to:

- Strengthen the relationship between the parent and child
- Increase effective coping strategies
- Decrease 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 child's alcohol or drug use stopped or reduced; regardless of them not seeking help.

**NEED TO  
TALK TO  
SOMEONE?**



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