



Kaleidoscope

Groups program for young people



Blacktown Alcohol and other Drugs Family Services (BADFS) is going to run a free group program for young people who have been affected by someone else's alcohol and/or other dependency problem.

The program uses a unique blend of group dynamics and activities to help young people reflect on their feelings, find coping strategies and grow from their experience.

Groups:

Ages: 5 -17 years old

7 to 8 weeks program of 2 hours session.

All sessions are held once a week and include a short break

Cost: Free

Venue and dates to be arranged

(We hope to start the first group in the second week of May)

Expression of interest

If you want to know more about the program and express interest please contact BADFS at 9622 7511 or email Viviane (viviane@badfs.org.au)

Or fill the form and post it to: PO Box 577, Blacktown 2148 or

Fax it to 98317337

Expression of Interest form:

Child's name: _____

DOB: _____ Age: _____

Name of the parents or guardian of the child: _____

Address: _____

Phone: _____

Email: _____

**Blacktown and other Drugs Family Services:
Flushcombe Rd, Blacktown**

This 7 weeks program is conducted by trained facilitators who use: Videos, drawing, game, role-plays, group dynamics and discussion to assist young people who have experienced a family member, peer or caregiver with drug, alcohol, gambling or other dependency problems.

The program explore topic like:

- Feelings
- Dependency
- Family dynamics
- Coping with stress, pressure and anxiety
- Communication
- Self responsibility
- Decision making
- Knowing your limits
- Self esteem

Group session aim to provide:

- A supportive environment for young people to talk about their experiences, within appropriate limits.
- A safe, confidential and creative space where ideas can be exchanged and solutions developed
- A peer support network to help group members in the future and to recognize that they are not alone: others have similar experiences and feelings.

With knowledge and greater awareness of themselves and the problem, young people are empowered to make positive choices and make solutions!