

Bridges



You are invited to :

Living with Addictions Group at Bridges

Has your life been affected by alcohol or other drugs?
Have you thought about making changes in your life but don't know where to start?

We understand that when someone makes a decision to seek help, their motivation is at its highest. Waiting lists can sometimes feel disheartening. We at Bridges are offering a group for people who are interested in making a start on working towards something different in their lives. The group is about getting a stronger understanding of what is happening in your life and the lives of those around you and using that awareness to make decisions about how you would like to be.

This could be helpful for someone who is experiencing problems with their own substance use . Attending all sessions will give you the greatest benefit. But we would like to encourage you attend when ever you can.

**This group will run on a continuous cycle
every Wednesday morning for 8 weeks
10am to 12pm**

Topics include: Stages of change
Ambivalence
All the losses / Grief
Communication Styles
Anger
Self Esteem
Self Esteem 2
Review / where to from here / Evaluation

Facilitator : Paulene
Where: At Bridges, 119 Flushcombe Rd, Blacktown
For more information or to book phone Bev: 9622 7511

