

Kaleidoscope

Group program for children affected by someone else's alcohol & other drug use.



Bridges is coordinating a free group program for children who have been affected by someone else's alcohol and/or other drug problem.

The program is run by Holyoake-Australia Institute for Addiction Resolution- and uses a unique blend of group dynamics and activities to help children reflect on their feelings, find coping strategies and grow from their experience.

This eight week program is conducted by trained facilitators who use: Videos, drawings, games, role-plays, group dynamics and discussion to assist children who have experienced a family member, peer or care giver with drug, alcohol, gambling or other dependency problems.

The program explores topics like:

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

Group sessions aim to provide:

- A supportive environment for children to talk about their experiences, within appropriate limits.
- A safe , confidential and creative space where ideas can be exchanges and solutions developed.
- A peer group 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, children are empowered to make positive choices and make solutions!

Groups:

Ages: from 6 to 9 years old

8 week program of 2 hour sessions.

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

Cost Free:

Venue: 119 Flushcombe Rd, Blacktown 2148

Dates: from 22nd October to 10th December 2009

Transport may be provided

If you would like to know more information on the group please contact Bridges on 9622 7511

or Email: Viviane (viviane@bridges.org.au) or Ralph (ralph@bridges.org.au) website: www.bridges.org.au