



Support and Self Help Groups Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Narcotics Anonymous 12.30am to 1.30pm	Smart Recovery 10.30am to 12pm	Women's Smart Recovery 11am to 12.30pm		ADAPT 10.30am to 12pm
	Al-Anon 12.30 to 1.30pm	Smart Recovery 5.30 to 7.00pm	Alcoholics Anonymous 1 to 2pm	Smart Recovery 3 to 4.30pm
	Smart Recovery 5 to 6.30pm	Compass Family Support Group 5.30 to 7.30pm (every 2 nd Wednesday)		

* Mindful Self-Compassion is a recurring 5 week course and bookings are required
Call 02 6132 4800 or visit www.directionshealth.com/events for up to date information on support and self help groups

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Directions Facilitated Groups

SMART Recovery is a facilitated self-help group for people facing substance dependence and focuses on Cognitive Behaviour Therapy.

The four main principles are:

- motivation to abstain
- coping with urges
- lifestyle balance
- problem solving

SMART Recovery is an open group and no booking is required.

Compass Family Support is a facilitated group for people impacted by a family member or friend's alcohol, tobacco and other drug use. It is an opportunity to have a voice about the issues you are experiencing. The group focuses on self-care and setting boundaries when supporting someone with substance dependence. Compass is an open group and no booking is required.

Alcohol Drug Awareness and Harm Prevention Training (ADAPT) is a group program designed for people considering change regarding their substance use and exploring their options. ADAPT is comprised of three sessions providing education around the impact of substance use and strategies to change. Information regarding treatment options is also provided. People who are interested in this group are required to register with reception.

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12 Step expressive Meditations offers an opportunity to reflect, explore and enhance your recovery journey. This program will support your commitment to the recovery process and the 12 Steps. In a relaxed small group of like-minded people, participants use mindfulness and easy to do creative activities to experience:

- mindfulness in practice
- non-judgment and self-acceptance
- renewed internal motivation for your present and future 12 step goals
- increased relaxation and emotional awareness
- resilience, integrity and resolve.

This is a closed group run periodically. Booking is required.

Expressive Mindfulness provides an opportunity to practice mindfulness using creative self-expression to increase resilience and self-confidence, whilst experiencing the relaxation response.

- Mindfulness
- Conversations about change and recovery
- Invitations to draw, collage or paint
- Feelings of wellbeing and relaxation
- Supportive processing of your experiences.

This is a closed group run periodically. Booking is required.

External Group Providers

Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. The primary purpose is to stay sober and help other alcoholics achieve sobriety. www.aacanberra.org

Al-Anon helps families and friends of alcoholics recover from the effects of living with someone whose drinking is a problem. The program of recovery is adapted from Alcoholics Anonymous and is based on the 12 Steps, the 12 Traditions, and the 12 Concepts of Service. The only requirement for membership is that there is a problem of alcoholism in a relative or friend. www.al-anon.alateen.org/australia

Narcotics Anonymous (NA) is based on the 12 Steps guidelines which outline a practical *approach to recovery. It is for any person who*

may have a problem with drugs, legal or illegal, including alcohol. NA members can learn how to live drug free and recover from the effects of addiction. www.na.org.au

Privacy

All Directions services are confidential. Client consent is required to share information with other services or people. All group participants are also asked to maintain confidentiality.

For more information about the groups and timetable phone Directions on 6132 4800 or



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