

# BE THE CHANGE

**Do you have a family member experiencing addiction**  
*Is their addiction having an affect on you*



**Be the Change aims to provide skills and support to people who have a partner or family member experiencing substance use issues. The program aims to help you to:**

- Understand addiction and recovery from addiction
- Make changes within yourself which will lessen the impact of your loved one's behaviour on you
- Learn how to manage the relationship with your loved one
- Learn skills which will help you to take care of yourself

The program includes eight sessions. An experienced counselor will run the sessions in small groups of four to eight people. Sessions are two hours long and are planned for the following Houses:

- Beaconsfield - dates and times to be advised
- Dorset - dates and times to be advised
- George Town - dates and times to be advised
- Bridgewater - Starts Thu 18 Aug 2016, 12pm
- Rokeby - Starts Fri 19 Aug 2016, 10am
- NSCC -Mowbray - Starts Mon 29 Aug 2016, 12.30pm
- Goodwood Community Centre - Starts Mon 29 Aug 2016, 2pm
- Bucaan (Chigwell) - Starts Wed 31 Aug 2016, 10am
- Derwent Valley - Starts Mon 19 Sep 2016, 10.30am
- Ravenswood - Starts Thu 1 Sep 2016, 1.30pm
- Risdon Vale - Starts Thu 1 Sep 2016, 11.30am
- Ulverstone - Starts Fri 2 Sep 2016, 1.30pm

**If you would like more information, please don't hesitate to get in touch. For information or to book**

**for Beaconsfield, Dorset and George Town**  
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**for all other houses**  
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