

FAMILY SESSIONS

An opportunity to improve family connections...



INFORMATION

Every Tuesday
10:00 - 1:00pm
Board Room Level 1

No Cost
Light Refreshments
Provided

Contact: 1300 122 144 or
place name on clipboard
at nurses' station in
Loft/View or Garden

-Develop awareness of your family dynamics and how individuals contribute to the functioning of the family system.

-Psychoeducation in understanding the impact of substance use, anxiety and depression within the family unit.

-Understanding why support is vital.