

## Family Members

- Often focus on trying to change someone else's behaviour and end up making themselves unwell.
- Can use strategies over and over that may also be ineffective in changing someone else.
- Can experience a ripple out effect on children, siblings or other family members.

## Our Aim

To provide helpful strategies for family members that can protect them from developing emotional and physical health problems and reduce the gambling harm in the family.

**December 2017**

*I had exhausted myself & my nearest & dearest after decades of literally "riding a Brumby"*

*I reached out & found an "open ear" & "courage in a minority" turning "distress" into "release"*

*Channelling my health & creating my wellness further every day. I feel & see the difference.*

*My heartfelt thanks for the programs*

*"I loved the program, it was real, relevant and raw which I needed"*

*- InFocus participant*

## Self Help Addiction Resource Centre

**We understand** the challenges you are facing because we've been there. Our experience shows that it is not unusual for addictions to co-occur, ie people who take drugs or drink alcohol may also gamble.

**We have learnt** that trying to control the problem or change another person doesn't usually provide the desired outcome. However we can change what we do and get a different result.

**We promote** that by bringing our own lives back in focus, we shift our focus from the problem to self-preservation, empowerment and growth.

**We find** when we keep on doing what we've always been doing, we'll keep on getting what we've always got.

## The Choice is Ours

### Knowledge is Power

The choice is ours to bring about positive change in our life.

This program is delivered through a peer support framework, facilitated by professionals who have also been impacted by gambling. It has been developed with the support of the Ian Potter Foundation and will be evaluated by Deakin University.

With an emphasis on personal safety, self-help and empowerment, the program delivers therapeutic and practical content along with the opportunity for people to connect through their shared experiences.

*"It's the lying that's the worst, the dishonesty and always being on edge....I live in constant fear I never know what's going to happen next"*

*- Partner of a gambler*

## InFocus

### Education Programs

All programs free of charge and refreshments provided

#### 4-week program

We run the program free at a number of venues.

For information on holding the sessions at your service  
Or, where the nearest program is to you

#### Banyule Monthly meeting

**When:** First Tuesday of the month

**Time:** 6.00pm to 8.00pm

**Where:** Banyule Community Health  
21 Alamein Rd, Heidelberg

#### Carnegie Monthly Meeting

**When:** First Wednesday of each month

**Time:** 6.00pm – 8.00pm

**Where:** SHARC  
140 Grange Rd, Carnegie

#### Bookings are essential

Phone - 1300 660 068

Email - [aireland@sharc.org.au](mailto:aireland@sharc.org.au)

[www.sharc.org.au](http://www.sharc.org.au)

## Program Events

#### Family Gambling Awareness –

Kimberley Place, 33 Kimberley Drive,  
Chirnside Park on Tuesday 9<sup>th</sup> Oct

#### Impact of poker machines

**Time:** 2.30pm

#### Reducing Gambling Harm for Families

**Time:** 6.30pm

#### SHARC Harm Awareness Week

**When:** Thursday 11<sup>th</sup> Oct

**Time:** 12.00-2.30pm (lunch provided)

**Where:** Gordon Storey Memorial Room, SHARC, 140 Grange Rd, Carnegie

#### Gambling InFocus

**When:** Wednesday 14<sup>th</sup> and 21<sup>st</sup> Nov

**Time:** 11.00am - 2.00pm

**Where:** Primary Care Connect,  
399 Wyndham St  
Shepparton

For program bookings contact

**Family Drug Helpline**

**1300 660 068**



Self Help Addiction Resource Centre

## InFocus

### Education Programs

&

### Monthly meetings

*Reducing gambling  
harm for families and  
friends*

