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.

The Choice is Ours

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, i.e., 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.

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.

It wasn’t until I came to one of your meetings, that I discovered that what I was doing, while attempting to help my wife, that I discovered that I was doing the exact opposite of what I should have been doing.

Husband of a gambler

“I loved the program, it was real, relevant and raw which I needed”

InFocus participant

“Wanted the program, it was real, relevant and raw which I needed”

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“I want the program, it was real, relevant and raw which I needed”

InFocus participant

“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

Seymour in April
When: Wednesdays 3rd – 17th April
Time: 1.00pm-3.00pm
Where: Room 2 – Netgain
22-24 Station St
Seymour

Banyule in May
When: Tuesday 7th – 28th May
Time: 6.00pm-8.00pm
Where: Banyule Community Health
21 Alamein Rd,
Heidelberg

All programs free of charge and refreshments provided

Bookings are essential
Call our Helpline on 1300 660 068 or email airland@sharc.org.au

InFocus Education Programs

4-week program
We run the program free at a number of venues. For information on holding the sessions at your service or, to find out where the nearest program is to you, call our Helpline on 1300 660 068

If you are interested in running a program at your service, please email Angela at aireland@sharc.org.au

www.sharc.org.au

For bookings contact
Family Drug & Gambling Helpline
1300 660 068

InFocus
Education Programs
&
Monthly meetings
Reducing gambling harm for families and friends