

## 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

## 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

### Seymour in April

**When:** Wednesdays 3<sup>rd</sup> –  
17<sup>th</sup> April

**Time:** 1.00pm-3.00pm

**Where:** Room 2 – Netgain  
22-24 Station St  
Seymour

### Banyule in May

**When:** Tuesday 7<sup>th</sup> – 28<sup>th</sup>  
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  
airland@sharc.org.au**

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

For bookings contact  
**Family Drug &  
Gambling Helpline**  
**1300 660 068**



Self Help Addiction Resource Centre



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## InFocus

## Education Programs

&

## Monthly meetings

*Reducing gambling  
harm for families and  
friends*

