

Supporting SHARC

At SHARC we are all about people helping people – and you can help us achieve even more.

Make a donation

All donations of \$2 or more to SHARC are tax deductible. To donate securely, visit sharc.org.au or contact us on (03) 9573 1700

Become a SHARC Volunteer

Volunteering at SHARC is a wonderful way to make a difference. To register your interest in volunteering with any of our programs, visit sharc.org.au

CONTACT US:

sharc

Self Help Addiction Resource Centre

- ☎ 03 9573 1700
- ✉ info@sharc.org.au
- 🌐 www.sharc.org.au

24/7 helpline for family and friends
1300 660 068

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Self Help Addiction Resource Centre

Addiction can affect anyone, including family and friends, but at SHARC we believe recovery is possible with the right information, education and support.

SHARC, for over 25 years, has been working to support people impacted by alcohol and other drugs (AOD) and, more recently, gambling.

The lived experience of those affected by addiction is central to our programs and services. The expertise and empathy of peers ensures our programs are welcoming, inclusive and effective.

SHARC provides information, education, training, referral, counselling, mentoring, advocacy, family support and residential recovery programs.

SHARC Vision

We envision a world where all people affected by the impact of addiction can proudly and openly seek help, help each other and demonstrate the living proof that recovery is possible.

Providing opportunities for individuals, families and communities affected by addiction and related problems to recover.



THE ASSOCIATION OF PARTICIPATING SERVICE USERS (APSU)

**Have your voice heard.
Make experience count.**

We believe that people who use AOD services have a wealth of knowledge and experience – their needs, strengths and expertise should drive the system.

APSU is a vehicle for the consumer voice, ensuring that the opinions, ideas and experiences of people who use AOD services can contribute to policy, research, service provision and professional development.

Find out more about our:

- Consultations and research
- FlipSide magazine
- Straight from the Source podcasts
- Speaker Bureau
- Training opportunities

APSU membership is free. Become a member today by visiting sharc.org.au/join-apsu



FAMILY DRUG AND GAMBLING HELP

FAMILY DUG & GAMBLING HELP (FDGH)

FDGH provides practical help, information and support to families and friends affected by someone's drinking, drug use or gambling.

Our program combines specialist skills and personal understanding to support and empower families.

We deliver professional and peer-based services across Victoria including counselling, support groups, educational programs and a 24-hour helpline on **1300 660 068**.

Visit sharc.org.au to find out more about our:

- 24/7 Helpline
- InFocus and BreakThrough family education programs
- Family Support Groups
- Family Counselling
- Work with diverse communities

For more information on all our programs, call **1300 660 068**

We know what it's like because we've been there.

PEER PROJECTS

Peer Projects supports the growth, development and sustainability of the Alcohol and other Drug Lived Experience Workforce, in Victoria and interstate.

We believe in the value of lived experience, one peer helping another, at all levels of the drug treatment service system.

A peer worker is a person who uses their lived experience of alcohol and other drugs, plus skills learned in formal training, to provide services in support to others.

Visit sharc.org.au to find out more about our:

- Peer Workforce Training
- Peer Workforce Supervision
- Community of Practice
- Peer Mentors in Justice

Peer Projects also hosts Intentional Peer Support Australia.



RESIDENTIAL PEER PROGRAMS A PROGRAM OF SHARC

RESIDENTIAL PEER PROGRAMS

We believe that recovery can take time to develop.

We offer residential programs for adults and young people, supporting them on their journey with accommodation, counselling and life skills.

Our programs provide access to safe, drug-free housing and a community of people seeking to change their lives and help each other.

Peer support underpins our programs: residents inspire and support one another to meet common goals and challenges.

Recovery Support Services

Community-based housing and day program for young people.

Oxford Houses

Secure, supportive and affordable homes for adults in recovery.

Understanding & Support Women's Program

Recovery support for women over 26 years old.