

InFocus

Education Program

For families and friends affected by someone's drug and alcohol use.

Is someone you care about using alcohol and/or drugs?

We know how difficult this is. Addiction is a complex issue that affects individuals, their families and the wider community. Families can become disconnected; our relationships suffer and we can feel isolated and helpless.

InFocus is an education program, developed by Family Drug and Gambling Help, that offers practical support, relevant information, coping strategies and the opportunity for people to connect through their shared experiences. The program is facilitated by professionals who have also been impacted by someone's drug and alcohol use.

InFocus is a six-week program that has been adapted to be run online combining weekly interactive sessions on Zoom with access to a wide range of resources that accompany the program.

You don't have to do this alone – we've been there.

Commencing: January 2026

When: Monday evenings – January 12th, 19th, February 2nd, 9th, 16th, 23rd

Time: 6:30 PM – 7:45 PM

No session on 26th January *Australia Day – Public Holiday*

Bookings are essential. Phone **Family Drug & Gambling Help** at SHARC on **1300 660 068**

