

# InFocus Family Carer Education Group

InFocus is a practical and supportive education group for families and carers supporting people with mental health, alcohol and other drug, and gambling use.

Developed by SHARC Family Drug and Gambling Help, InFocus 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 mental health, alcohol and drug use, and/or gambling.

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

## Program outline:

- ◆ Understanding mental health and addiction, and the impact on families and carers
- ◆ Boundaries, communication strategies and self-care
- ◆ Family dynamics and the stressors families and carers live with
- ◆ Managing uncertainty and our lived/living reality
- ◆ From fear, overwhelm and worry to hope and possibility
- ◆ Moving forward with confidence and support

*\*This is a closed group with limited places so bookings are essential*

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Date: Tuesday evenings 30 June, 7,14,21& 28 July and 4 August 2026

Time : 6pm –8pm (light supper included)

Location: Watsonia Library, 4/6 Ibbottson St, Watsonia

Any questions, please contact:

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