



# SMART FAMILY & FRIENDS

## Life beyond addiction

Are you a loved one of someone experiencing addictive behaviours?  
Who's caring for you? Do you have support?

SMART FAMILY AND FRIENDS program runs over 8 sessions and enables participants to find the motivation to change, engage in self-care, challenge their own thinking, and communicate assertively.

It provides strategies to stay safe, seek support, problem solve and set goals.

"The focus is not on the person with the problem behaviour, but to teach practical skills to the supporter to improve their own resilience and wellbeing"

*Dan Raffell - Senior National Program Manager*

### Next course:

Date Monday March 21st 2022  
Time 5:30-7:30pm online or in person

Coffs Harbour Neighbourhood Centre  
22 Earl st, Coffs Harbour

To book or get online details  
Phone Di on 66483663 or email  
[volunteeringcoffs@chnc.com.au](mailto:volunteeringcoffs@chnc.com.au)

