



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

Please contact below to register interest or to find out when the next course is commencing.

Coffs Harbour Neighbourhood Centre
22 Earl st, Coffs Harbour

To book or get online details
Phone Di on 66483663 or email
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