

# 2022 Online Support and Self-Help Groups

*Click/Tap on timeslot to register for online groups*

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Face to Face</b> Smart Recovery 10.30am to 12pm	<b>Face to Face</b> Womens Smart Recovery 11am to 12.30pm	<b>Online</b> Smart Recovery 2pm to 3.30pm	<b>Face to Face</b> ADAPT 10.30am to 12pm
	<b>Online</b> Smart Recovery 5pm to 6.30pm	<b>Face to Face</b> Smart Recovery 5.30pm to 7pm		<b>Face to Face</b> Smart Recovery 3pm to 4.30pm
		<b>Face to Face</b> Compass Family Support 5.30pm to 7.30pm (every 2 <sup>nd</sup> Wednesday)		

## External groups found below:

AA Online and Meetings

NA Online and Meetings

Alanon Online and Meetings

Face to face groups are resuming! **Pre-booking is no longer required.**

Please attend face to face groups onsite. Directions is in the Cosmopolitan Building (Level 6, 21 – 23 Bowes Pl, Woden, ACT)

Please call reception on 6132 4800 if you have any questions.

Ph: (02) 6132 4800 | [www.directionshealth.com](http://www.directionshealth.com) | [reception@directionshealth.com](mailto:reception@directionshealth.com)

## Directions Facilitated Groups

**SMART Recovery** is a facilitated self-help group for people facing substance dependence and focuses on Cognitive Behaviour Therapy.

The four main principles are:

- motivation to abstain
- coping with urges
- lifestyle balance
- problem solving

SMART Recovery is an open group and no booking is required.

### **Alcohol Drug Awareness and harm Prevention Training (ADAPT)**

is a group program designed for people considering change regarding their substance use and exploring their options. ADAPT is comprised of three sessions providing education around the impact of substance use and strategies to change. Information regarding treatment options is also provided. People who are interested in this group are required to register with reception.

**Compass Family Support** is a facilitated group for people impacted by a family member or friend's alcohol, tobacco and other drug use. It is an opportunity to have a voice about the issues you are experiencing. The group focuses on self-care and setting boundaries when supporting someone with substance dependence. Compass is an open group and no booking is required.

## External Group Providers

**Alcoholics Anonymous (AA)** is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. The primary purpose is to stay sober and help other alcoholics achieve sobriety. [www.aacanberra.org](http://www.aacanberra.org)

**Al-Anon** helps families and friends of alcoholics recover from the effects of living with someone whose drinking is a problem. The program of recovery is adapted from Alcoholics Anonymous and is based on the 12 Steps, the 12 Traditions, and the 12 Concepts of Service. The only requirement for membership is that there is a problem of alcoholism in a relative or friend.

[www.al-anon.alateen.org/australia](http://www.al-anon.alateen.org/australia)

**Narcotics Anonymous (NA)** is based on the 12 Steps guidelines which outline a practical approach to recovery. It is for any person who may have a problem with drugs, legal or illegal, including alcohol. NA members can learn how to live drug free and recover from the effects of addiction.

[www.na.org.au](http://www.na.org.au)

### **Privacy**

All Directions services are confidential. Client consent is required to share information with other services or people. All group participants are also asked to maintain confidentiality.

**For more information about the groups and timetable phone Directions on 61324800 or visit [www.directionshealth.com/events](http://www.directionshealth.com/events)**

