

# Afterhours Program

## Drug & Alcohol Counselling and Relapse Prevention

### Afterhours Group

- ▶ Every Saturday 10am - 11:30am
- ▶ All welcome - ages 18+

### What we cover in Group:

#### **Week 1: Understanding the stages of change.**

Gain an understanding of which stage you are currently and at what to possibly to do to move forward.

#### **Week 2: Values and Informed Decision Making.**

Explore what value drugs/alcohol have to you, and how it fits with other values in your life. Compare the costs vs. benefits of your drug/alcohol use pattern.

#### **Week 3: Goal Setting.**

What is your previous experience with setting goals? Learn how to simply set achievable and relevant goals to build confidence.

#### **Week 4: Relapse Prevention Planning.**

So... you have made changes, or are preparing to make changes... How do you stay on track? Learn how to manage cravings and steer clear of potential high-risk situations which could potentially become a lapse/relapse.

### Afterhours Sessions

- ▶ Evenings or Weekends
- ▶ All welcome - ages 18+

### Make an enquiry

- ▶ Email [jason.heldon@llw.org.au](mailto:jason.heldon@llw.org.au)
- ▶ Phone **0409 472 450**

**Stages of change**

**Strengths**

**Relapse Prevention**

**Values**

**Goal Setting**

**Harm Minimisation**

**Informed Decision Making**

