

What to Expect:

- Set weekly goals that work for you
- No stigma, labels or judgement
- Learn practical self help tools
- Attend as you need
- 90 minute weekly meetings to explore any issues with addiction
- Meetings are run by trained facilitators who lead group discussions on understanding the connections between thoughts, beliefs and behaviours
- Focus is on the problematic behaviour and not on the substance itself
- Concentrate on the present and the future, not on the past



Confidential



Proven



Free

About Sunbury and Cobaw Community Health

Sunbury and Cobaw Community Health was established on 1 January 2021 following a merger between Sunbury Community Health and Cobaw Community Health.

We are committed to improving the health of our community and being accessible to all, including people from culturally and linguistically diverse communities, those from Aboriginal and Torres Strait Islander background, people with a disability, lesbian, gay, bisexual, transgender, intersex and queer people, and other socially vulnerable groups, and supporting their communities across the lifespan from birth to older age.

For information contact Staumn Hunder:
T: 5421 1666
E: admin.kyneton@scchc.org.au

Meetings held at:
1 Caroline Chisholm Drive, Kyneton
Wednesdays at 1.30pm (term time only)



Choose your own path to a healthier future

Champion your own behaviour change around alcohol, drug use, gambling or any behaviour of concern





What is SMART Recovery?

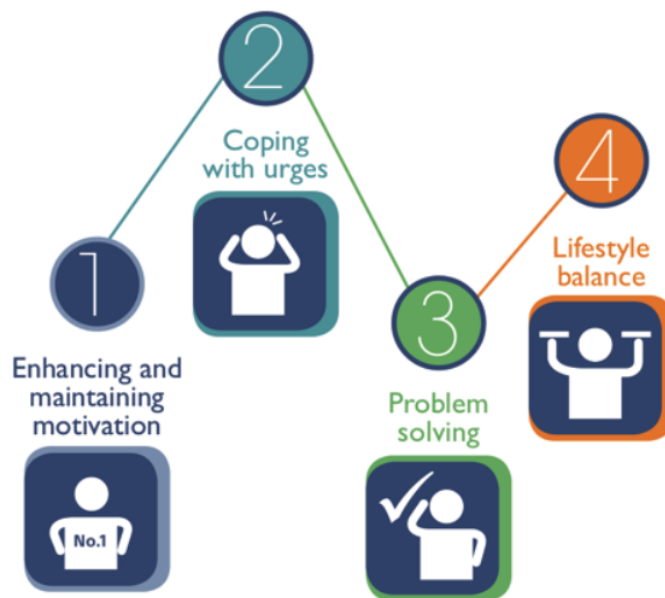
SMART Recovery is a self-help, mutual-aid program that offers the chance for people to work together to examine and change problem behaviours. Group participants are there to help themselves and each other.

SMART Recovery is a practical and solution-focused program. It uses evidence-based cognitive behavioural therapy (CBT) and motivational interviewing (MI) tools and techniques to help people achieve their goals.

Sunbury and Cobaw Community Health is pleased to partner with SMART Recovery Australia to offer this proven program to those who want to explore their relationship with addictive behaviours.

For more information about SMART Recovery www.smartrecoveryaustralia.com.au

4 Point Program



Some of the tools and techniques to help you manage addictive behaviours

- ◆ Pro and cons of problematic behaviour
- ◆ Triggers, beliefs and consequences
- ◆ Craving and urges
- ◆ Goal setting
- ◆ Area of importance

Alcohol and Other Drug Services

Sunbury and Cobaw Community Health provides free and confidential individual counselling for people experiencing issues related to their alcohol and other drug (AOD) use.

AOD Counselling

Support is based on your needs and goals, our AOD services provide a space where you can feel respected, accepted and listened to in an open and non-judgmental way.

AOD Family Counselling

This is a service for people impacted by a family member using substances. Parents, partners, siblings or children of the person using substances are eligible.

Forensic AOD

People needing forensic support are assessed and referred to Sunbury and Cobaw for AOD counselling.

Access to Withdrawal Units and other Rehabilitation

AOD counsellors can facilitate referral for withdrawal services and other types of treatment.