



SMART

FAMILY AND FRIENDS

Self management and recovery
training for family & friends

Wednesday 10.30am-12.30pm
Level 1, 55-59 Ferry Road

A closed group, held weekly, to assist anyone who is affected by the addictive behaviour of someone close to them.

Next Group 30 October 2024
Phone 03 338 4437 to book your place

WHAT IS SMART

Family and Friends?

Self Management and Recovery Training

A free group aimed to improve the quality of life, coping skills, and support system of the family member, friend or supporter of the person with problem behaviour. It aims to teach self-empowerment and self-resilience, using tools and techniques for self-directed change.



Level 1, 55-59 Ferry Road, Christchurch Central 8011
Ph: 03 338 4437 Email: chchaod@odysseychch.org.nz

*Your path to self-directed
change is individual.*

You have the power of choice.

TOPICS COVERED

- » Finding the motivation to change
- » Assertive Communication
- » Keeping safe and seeking support
- » Problem solving and making better choices
- » Challenging unhelpful thinking
- » Self-care, support and Rewards
- » Coping with lapses
- » Goal setting

SMART Family and Friends AIM

SMART Family and Friends aims to build on participants strengths, and to increase resilience and wellbeing. It enables participants to find the motivation to change, engage in self-care, challenge their own unhelpful thinking, and communicate assertively.



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**CHRISTCHURCH CENTRAL SERVICE
AOD CO-ORDINATION**