

# DIRECTIONS ACT

# COMPASS

## FAMILY SUPPORT

An information and support group helping you to navigate through alcohol and/or other drug issues in your family.

### Who is COMPASS for?

*COMPASS is for family members and friends of a person or people with alcohol and/or other drug issues*

### What is COMPASS about?

*COMPASS is a confidential and non-judgmental group which is based on understanding, support and respect for the individual and the family.*

*COMPASS provides an information session to help with strategies and give information on a wide range of relevant issues to do with dealing with a person and family affected by drug and alcohol issues. It also encourages self care and the wellbeing of the family as a unit and individuals.*

*COMPASS also provides encouragement, support and a safe place to discuss the issues with others who understand, care and are in similar situations.*

*COMPASS Support Group is facilitated by the Family Support Counsellor and co-facilitated by a worker from ADFACT*



## Group details

**Venue:** DIRECTIONS ACT  
1 Bradley Street  
WODEN ACT 2607

**When:** Tuesday each fortnight

**Time:** 5:30pm – 7:30pm

Light refreshments are provided.  
A gold coin donation is appreciated to help with costs.

For more information contact Bek at  
**DIRECTIONS ACT 6122 8000**

### COMPASS is for:

- Partners
- Parents
- Grandparents
- Sisters and Brothers
- Children
- Loved ones
- Friends of anyone with alcohol and/or other drug issues

*Support for you and your family*

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