

## How do I enroll?

- Venue:** DIRECTIONS ACT  
1 Bradley Street Woden  
( next to the bus interchange )
- When:** Thurs, during school terms
- Cost:** Gold coin donation
- Bookings:** 6122 8000



## Our Beliefs

We believe people are capable of making life changing decisions

We believe that crisis provides opportunity for growth

We believe in promoting respect and dignity for all

We believe that people have control of their lives

We believe people can overcome addiction

We believe in harm minimisation

## Our Programs

- Resources
- Support Groups
- Primary Health Care
- Counselling Services
- Community Education
- Arcadia House Detox and Withdrawal Services
- Althea Wellness Centre
- Treatment Support Service
- Needle and Syringe Program
- Outreach and Promotional Activities



# DIRECTIONS ACT

## MAYSOON



# DIRECTIONS ACT

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1 Bradley Street WODEN ACT 2606  
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*Promoting good health and well-being in the ACT*

*For Women with Young Children*

Version: February 2009

## What is Maysoon ?

Maysoon is an Arabic word meaning *'women walking proudly'*. The program is fully funded through Health Promotion Grants and is offered by DIRECTIONSACT for women, with young children, who are using alcohol and other drugs or who are in recovery. Pregnant women or women who have children with Care and Protection orders are very welcome.

Sometimes we all need a little assistance to get the best possible care for ourselves and our children. Maysoon is open to all women who wish to improve their health and wellbeing in a safe and accepting environment.

Two workers will facilitate the course. Our peer support worker is the mother of two children, one of whom is a baby. Ineke is an alcohol and other drug worker at DIRECTIONSACT who is also the mother of two children and has lots of experience in running groups in the community.



## The Program

We believe that providing knowledge and skills for parents is so important. It helps people gain confidence in parenting, strengthens relationships and builds resilience in kids.

The program will include:

- Free and confidential support
- Friendly professional workers
- Meet other mothers
- Access to services including a Registered Nurse and AOD counsellors
- Learn new skills
- Access to other community services
- Fun activities
- Healthy lunch, menus and food
- Helpful information
- Pampering

## Free Childcare

We provide free childcare while you are at Maysoon. Your child will enjoy playing with other children in a different and safe environment while you enjoy being with other women at Maysoon.

For more information about Maysoon or assistance in gaining free childcare, please contact **6122 8000**.

As parents we try to aim for a loving and caring environment to raise our kids, which is so vital to the health of both the parent and the child. Maysoon has asked a number of organisations to provide group sessions on their services and to provide you with skills and support to gain confidence and learn new ways of parenting.

These include:

- Womens Information and Referral Centre
- Womens Information Resources and Education on Drugs and Dependency
- University of Canberra
- Registered Nurse
- St John Ambulance
- Housing ACT
- Centrelink
- Counseling
- CARE financial service
- Parentline
- Playgroups Assoc
- Legal Aid



Maysoon aims to provide skills and knowledge, for women with young children in an atmosphere of safety and acceptance