

Family Program

Hello from the team at Windana. In this leaflet we'll tell you a bit about Windana's Family Program, so you can know what's available and whether it's right for you and your family.

What is the Family Program?

The Family Program is made up of different groups and services that you can choose based on what's best for your family.

This includes parenting support and Single Session Family Consultation.



Our Family Program aims to:

- Help keep families strong (through Single Session Family Consult).
- Work with parents and carers on parenting strategies.
- Support parents, carers and children with issues to do with growth, health and relationships.
- Connect families with a range of formal and informal community supports.
- Work with the unique strengths of families to help meet each family's needs and goals.
- Help reduce the risk of harm from alcohol and other drugs to children, parents and carers.

Groups and services available

Parenting Support

Available to Windana and community clients (i.e. people who are not already in another Windana program), their children and their children's carers.

The program enables clients to strengthen their parenting capacity and families.

Tuning into Kids

This is a six-week program that works with parents to build emotional intelligence in their kids, while strengthening parenting skills. Tuning into Kids is available at our Community Services Building in St Kilda and at our TCs.

Parenting Group

Available to residents of our Therapeutic Communities who are parents or carers, this group helps build skills across a broad range of topics that families face.

Yarning Group

If you're a client of the Winja Ulupna Women's Recovery Centre, this is a place where you can talk about parenting and family.

Family Days

We run social events throughout the year for families connected to Windana's services. These days give you opportunities to bond with your kids, and form new friendships.



Is this for me?

Our Family Program may be able to help if you are:

- A parent or carer who is caring for children
- A parent who has regular access with your children or is actively working towards reunification with your child or children
- A current Windana client who is clearly engaged in addressing your alcohol or other drug issues and want to include family in your recovery
- A client of an external agency who is clearly engaged in addressing your alcohol or other drug issues and want to include family in your recovery.

We embrace cultural and social diversity. We welcome families in all their forms and understand the important role they play in a person's recovery.

"Welcome to a safe, non-judgemental program where you can speak openly about your parenting journey, whether you have your children with you or not. We understand that family and parenting looks different for everyone and we embrace it all."

A member of the Family Program team

How do I get involved?

If you're already connected to Windana, speak to your contact about the program. If you're *new* to Windana, call us on **03 9529 7955** Monday to Friday, between 9:00am and 4:30pm.

Support is available to find the right alcohol and drug services for you, including withdrawal and rehabilitation. You don't have to work it out alone. If you call **DirectLine** on **1800 888 236** (24/7), you will be put in touch with your local Intake and Assessment service. They'll assess your needs and match you with the right service. You can also visit www.directline.org.au.

Contact Us

Windana Drug & Alcohol Recovery Ltd. ABN 68 398 137 238

T. 03 9529 7955

F. 03 9521 3581

E. feedback@windana.org.au

W. www.windana.org.au

Client messages

We asked parents/carers who have participated in the Family Program how it helped their families.

Whilst every family is different, we're sharing these quotes as a reminder that there is support available, and that positive change is possible.

"The Family Program is a wonderful way to keep yourself in check and helps to share any of my concerns. It makes me feel as though I am able to achieve the best for my daughter and myself."

"The Family Program support is amazing. The people and workers make you feel like you are part of a family.

They go above and beyond to help my family and I when needed. Thank you Windana."



This illustration shows an overview of Windana's programs and services.

We're an organisation that helps people recover from alcohol and other drugs. We believe people can rebuild their lives, and have worked with thousands of people since 1984.

Windana acknowledges the Traditional Owners of Australia and we welcome all Aboriginal and Torres Strait Islander people to our service. Windana provides a safe and welcoming environment for everyone.