

The NT Lived Experience Network presents

Circles of Support

A free support program for the family & friends of people who have an alcohol or drug problem



Circles of Support is an evidence-based peer education and support program developed by the NT Lived Experience Network.

Circles of Support has been created by local people for local people, specifically those who have a loved one with an alcohol or drug problem.

Circles of Support provides a safe and confidential space for family members or friends of someone with an alcohol or drug problem to access both support and information.



Source of image 'reaching hands': Tari-Keresztes, N., Smith, J. & Gupta, H., (2021): Follow-up Evaluation of the Peer-Led Education Pilot in Darwin. Darwin: Menzies School of Health Research

During 2022, a limited number of **Circles of Support** programs have been delivered in Darwin and Palmerston as part of a trial funded by the Alcohol and Drug Foundation and evaluated by Flinders University.

The NT Lived Experience Network is collecting Expressions of Interest for future **Circles of Support** programs which will be facilitated by peer volunteers.

Circles of Support provides a supportive environment for family and friends to learn about:

- ❖ Mental health, alcohol and drug related misuse and co-occurring issues;
- ❖ Recovery and ways to support recovery;
- ❖ Identifying & responding to a crisis;
- ❖ Ways to support own wellbeing and practice self-care;
- ❖ Managing overwhelming emotions and responses;
- ❖ Setting boundaries on relationships;
- ❖ Effectively communicating your needs and rights;
- ❖ Responding to stigma and discrimination;
- ❖ Navigating the mental health and alcohol and other drug service system;

Circles of Support programs are delivered over 8 x 3-hour weekly sessions. Participation is **FREE** and most programs are scheduled after hours, in the evening.

To submit an Expression of Interest for future programs or to find out more:

Call: Noelene on 0438 022 032

Email: contact@livedexperient.net

Web: www.bit.ly/cos_eoi

Social media at [livedexperient](https://www.instagram.com/livedexperient)   