


The NT Lived Experience Network
and Neami National present

CIRCLE OF SUPPORT

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 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.



INFORMATION



Date: Tuesdays Starting **23/04/2024**

10 Workshops

Time: 5:30pm – 8:30pm

Venue: Head to Health Center
16 Scaturchio St, Casuarina NT 0810

Catering: Light refreshments provided

Please use the QR Code to register



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**NORTHERN
TERRITORY
LIVED
EXPERIENCE
NETWORK**

