



Katherine Circles of Support

A peer support program for family & kin who support a loved one with a gambling, alcohol, drug or mental health related problem

Delivered over 10 x 3-hour weekly sessions

Submit your Expression of Interest to attend a future dated Circles of Support program in Katherine which will be delivered in the evenings.

Peer support group for family & kin

A safe, supportive and confidential space for family and kin of someone with gambling, alcohol, drug or mental health related problems.

Learn about addiction & recovery

Information based on the evidence, in simple everyday language.

- managing overwhelming emotions
- dealing with a crisis
- setting boundaries
- effective communication
- responding to stigma and discrimination
- navigating the service system

Feel empowered

Learn tools and strategies to support your own wellbeing and to practice self-care. Learn through discussions and creative activities.

More information and to register your interest

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Participation is free and all resources and catering will be provided