

Inclusive || Non-Judgemental || Strengths-Based || Stigma Free | Safe



Darwin 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. Designed to be inclusive and safe for diverse communities – queerness, neurodiversity, learning styles, literacy, race, culture and all lived experiences.

Delivered over 10 x 3-hour weekly sessions

Wednesdays
5.30pm–8.30pm
Starting Wednesday 5th Feb 2025

Peer support group
for family & kin

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

Learn how to
promote recovery &
improve coping

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

contact@livedexperient.net
0423 656 284
www.livedexperient.net



Participation is free and all resources and catering will be provided