

Family Education Day Program

The Family Education Day is an introductory 1 day, 6 hour course designed specifically for the family, partners, friends and carers of people experiencing addiction or mental health concerns. The course is available to everyone, including those with loved ones who are still struggling, who are already in treatment or who are in recovery.



About

At South Pacific Private, we understand that watching a person you love struggle with addiction or mental health issues can be both painful and confusing.

Our Family Education Day is designed to start to equip you with the tools and strategies you need to recognise addiction and mental health issues, set clear and effective boundaries and communicate effectively with your loved one.

South Pacific Private is Australia's only treatment center to integrate a dedicated family program within our treatment plans. We recognise that repairing, restoring and healing our most intimate and important relationships is critical for lasting success.

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Single Day

+
Online

+
Families and loved ones

+
Self-Payment Private sessions available

Program Content

- Shows you how to support a loved one on their journey to recovery
- Educates on the underlying causes of addiction and mental health disorders
- Explains the role of the family system and how it is intrinsic to the process of Recovery
- Connects you to others with similar experiences, so you don't feel alone
- Demonstrates effective techniques for communication
- Supports you in your own journey of healing
- Provides a snapshot of treatment options at South Pacific Private

Who is it for?

This program is open to everybody: whether your loved one is currently in treatment at South Pacific Private, you are trying to support your loved ones into treatment or for those of you who are just realising that addiction may be a problem for a loved one, or you who have tried everything to help, but to no avail.

Cost

This is a self-funded program. Online participation costs are \$200 per person. A private Family Education Day can be arranged. Please speak to our Family Coordinator to make arrangements. Cost for a private Family Education Day is \$1200.

For more information, please contact our Family Coordinator via email: family@southpacificprivate.com.au

Program Delivery

The Family Education Day is available:

- One full-day program online (Tuesdays, 9:30am - 3:30pm)
- One full-day program as a private, bespoke session for only your family (9:30am - 3:30pm, up to 8 members of one family).

Contact our Family Coordinator via email: family@southpacificprivate.com.au for a full list of days and times available.

How to get started

For family and friends who currently have a loved one in treatment at South Pacific Private – our family support team will contact you within 24 hours after admission to discuss the program once consent to contact is established with your loved one.

For clients and family and friends new to South Pacific Private, please contact our Family Coordinator via email: family@southpacificprivate.com.au

**Our Intake Team is available to answer your questions.
Call 1800 063 332 now.**