



Family Program 3

We are delighted to be able to provide follow up support for you as a family after your engagement in the Family Program and Family Program 2. The more opportunity your family has to revisit this important work together the better. What can tend to happen after Family Program is that families get caught up in their lives and lose sight of what's required to maintain functional family communication.

Healthy relationships require on-going work.

Investing in your recovery includes investing in your relationships. As addiction specialist Dr.Gabor Mate states, *"the opposite of addiction is connection"*. The family programs assist in offering tools to maintain connection with yourself and the important people in your life.

In early recovery it is likely that we will hit a few bumps along the way. Follow-up family programs provide a space to gain more awareness to help smooth out those bumps.

We therefore provide a series of 3 family programs offered over a 12 month period:

- **Family Program**
- **Family Program 2**
- **Family Program 3**

Family Program 3 is structured in a similar way to Family Program 2. Instead of a 3 day program, Family Program 3 runs for 2 days only (Saturday - Sunday, 8:30am-4:00pm) and is once again facilitated in a small group.

There is less psycho-educational focus (i.e. - less time spent on the treatment model used at South Pacific Private) and more time spent on re-visiting reality sharing and boundaries.

If you have any questions or concerns, or would like dates for the next Family Program 3, please don't hesitate to speak with our Day Program Client & Family Liaison Officer on 1800 063 332.

This program is highly recommended as a "top-up" to address the following:

- What has changed since your original Family Program?
- What has been going well/ not so well?
- What boundaries have you been able to keep/ adapt?
- What new boundaries would be helpful for your family now?
- New communication strategies through non-violent communication and compassionate connection
- Sharing how the continuing care plan and recovery work has been helping
- Developing stronger connection and intimacy
- Becoming more natural and confident with honest and open sharing
- Becoming more connected through being heard and feeling acknowledged
- Listening and supporting without care-taking
- New likes/ loves/ amends

It is recommended to have this follow-up within a few months of completing your Family Program 2, because it allows you the opportunity to put into practice the skills and techniques that were learned.

The cost of Family Program 3 is \$300.00 per family member attending (health funds may cover the cost for ex-clients) and the same 14-day cancellation policy applies. A \$100 deposit is required to secure your place in the next Family Program 3.

To register please call **1800 063 332**
or email **info@southpacificprivate.com.au**
www.southpacificprivate.com.au



SOUTH PACIFIC PRIVATE

Australia's Leading Treatment Centre

Payment for Family Program 3

The cost of Family Program 3 is \$300.00 per family member attending (health funds may cover the cost for ex-clients) and the same 14-day cancellation policy applies. A \$100 deposit is required to secure your place in the next Family Program 3.

Personal Details:

Name: _____

Contact phone number: _____

Payment for: *Non-refundable deposit for Family Program 3*

Payment Options

1. Credit Card

Card Type: Master card Visa

Name on Card: _____

Card Number: _____

Expiry: ____ / ____ Security Code: _____

*I authorise South Pacific Private to charge my credit card for the following amount
\$100 non refundable deposit*

2. Direct Deposit/Electronic Bank Transfer

Account Name: Woodose Pty Ltd

Account Number: 554565433

BSB: 082-356

****Reference:** FWE (your initial & Surname)

Amount Transferred: \$ _____

Full payment for your scheduled program must be received 14 days prior to the start of the program to confirm your enrollment. Any cancellations/requests for refunds will be arrested on a case by case basis through our application process.

Fax to (02) 9905 9696