



SOUTH PACIFIC PRIVATE

Australia's Leading Treatment Centre

## Children's Program

The Children's Program is a prevention & intervention program for children from ages 6-13 years who are affected by addiction or mental illness in their family system



Call us now on **1800 063 332**  
or email us on **[info@southpacificprivate.com.au](mailto:info@southpacificprivate.com.au)**

## About the Children's Program

**Addiction tends to run in families and this program is designed both as a preventative measure and an educational tool for children.**

It can help families to re-connect and begin their journey from addiction towards health, happiness and awareness, thus helping to break the *cycle and legacy of addiction*.

*Children are particularly impacted by these problems, as they don't have strong boundaries or the ability to protect themselves. The seeds of addiction and relational issues are sown in childhood.*

**The aim of the program is to provide a much needed service to children affected.**

The Children's Program assists youngsters in the recovery process in a systematic and comprehensive manner. Through understanding the disease of addiction in an age appropriate way, children come to see that they are not at fault, and that they are not alone.

**The program emphasises helping children to identify and express their feelings, to talk openly and freely about what living with these family problems has been like.** As they break their silence, children learn new skills to express their feelings in healthy and safe ways. They begin to unload the excess baggage of stifled emotions and problems they've been lugging around. Children are revitalised and their hearts become lighter. The program also teaches youngsters a variety of problem solving, coping and self-care tools. They realise that they have self-care choices in how to respond to life events and that it is ok to ask for help along the way.

### The Bill & Lorraine Wood Foundation

This family-founded charity aims to help families and children who are in crisis and aims to provide support for those individuals in crisis from addictions or other issues who can't because of financial or environmental realities.

Lorraine Wood grew up in a family where addiction was rife and knows the foundation runs regular programs designed both as a preventative measure and an educational tool.

The Foundation can help families, children and individuals to re-connect towards health, happiness and awareness. The mission statement of the foundation is to help families to heal.

## Cornerstones of the Program

**This Children's Program is the first step for these children and offers hope, healing and understanding.**

- Children deserve the right to their own recovery and healing
- Children deserve to be treated with the same dignity, respect, value and worth afforded to adults
- Children deserve to be listened to and heard
- Children deserve the opportunity to be kids

## Goals of the Program

**The program, through a number of carefully designed games and activities, will support children with undeveloped social and verbal skills to express themselves, to learn self-care concepts and to work together as a team.** The goal is to sow the seeds of health; wellness and empowerment while giving them the opportunity to:

- Explore and express feelings in a safe and supportive environment
- Understand addiction and co-dependency in an age appropriate way
- Learn a variety of problem solving, coping and self-care strategies
- Build self-esteem, self-worth, and positive feelings about themselves
- Trust themselves and others
- Realise they are not alone
- Simply be kids by learning to have fun in safe and healthy ways

**Above all else, the program allows children to be kids; to laugh, play, be curious, and explore.**

caught up in the cycle of addiction and mental health concerns. It also  
mental health challenges who need to access treatment services but

that it's a place of conflict, pain and shame for any child. The  
sure as well as an educational tool for children and parents.

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# Let us help your family

## Your Children are in Safe Hands

**Skilled teacher/counsellors lead the groups for children and parents and trained volunteers also participate to ensure the safety and well-being of the children at all times.** This two day program provides education in a safe supportive setting.

The teacher/counsellors are experienced and compassionate individuals with a genuine love and respect for children, understand addiction and co-dependency as well as its impact on children and families.

## Parenting Program and the Role you play as a Parent

**This program also aims to open up lines of communication between parents and their children and to begin to heal the hurt in their relationships.**

There is an adult component to this program which includes parent education and support. This component will run concurrently with the Children's Program over two days. One parent / carer is required to participate in this program.

It is critical that those attending abstain from alcohol or any illicit drug. In the event that the primary caregiver is unable to attend, another adult carer is welcome to participate.

**Cost:** The Children's Program and Parenting Program package is \$500 per family (one carer / one child). If you are interested in the program but have a larger family group, please call to discuss options. In addition, if you wish to be involved but have financial considerations that may prevent it, please contact us to see how we may support you.

## About South Pacific Private

South Pacific Private is Australia's leading mental health and addiction treatment facility. We treat anxiety disorders, mood disorders, post-traumatic stress disorder, behavioural addictions, alcohol addiction and substance abuse. Treatment at South Pacific Private offers the best possibility of recovery through its multidisciplinary, tailored programs which are designed to meet the individual needs of patients.