

## Confidentiality

Your privacy is important to us and will be protected. We will only disclose personal information if you give permission or if required or authorised by law, for example, to protect someone from harm.

## Contact Us

If you or a family member would like to access CatholicCare's Alcohol and Other Drug Family Service, email us at [aodfs@ccam.org.au](mailto:aodfs@ccam.org.au) or contact us at:

### St Mary of the Cross Centre

23 Brunswick Street Fitzroy 3065  
T: 8417 1200

### Bundoora

15 Plenty Road Bundoora 3083  
T: 9466 7353

### Cyrene Centre

Shop 5, 49-52 Douglas Street Noble Park 3174  
T: 9574 6355

### Footscray

3 Wingfield Street Footscray 3011  
T: 9689 3888

All offices are open 9am to 5pm Monday to Friday. Evening appointments may also be available.

## Our Commitment

CatholicCare strives to maintain the dignity of each person and family in all their diversity. All cultures, religious beliefs and personal values are respected.



ABN 42 795 179 778

CatholicCare seeks to serve the community in all its diversity. See our website at [www.ccam.org.au](http://www.ccam.org.au) to learn more about our wide range of professionally delivered programs, services and locations in Melbourne, Geelong and surrounding areas.

Printing generously sponsored by Knights of the Southern Cross (Vic) Nunawading Branch.

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Formerly Centacare Catholic Family Services

# Alcohol and Other Drug Family Service



Strengthening families and communities

[www.ccam.org.au](http://www.ccam.org.au)

“When I first realised my child was addicted to drugs, I felt hopeless and my life was full of pain. Counselling has made a huge difference to my life, helping me to put things in perspective. I am so grateful for all the people at St Mary of the Cross who continue to give me love and support.”

– Josephine



## Our Focus is Families

Problem drug and alcohol use is widespread in society and affects families across all sections of the community. Family members can experience a range of potentially devastating effects, including:

- Feelings of powerlessness
- Feelings of isolation and/or shame
- Anxiety or depression
- Fear
- Guilt
- Anger
- Conflict

## We Can Address Complex Needs

CatholicCare’s Alcohol and Other Drug Family Service aims to provide a compassionate and professional response to the information, support and often complex needs of:

- Family members affected by the drug use of someone they care about
- Individuals with drug use issues

## Locations

CatholicCare’s Alcohol and Other Drug Family Service is based at the St Mary of the Cross Centre in Fitzroy. Services are also delivered from CatholicCare’s Footscray and Bundoora offices and the Cyrene Centre in Noble Park.

## Goals

- To provide client-centred counselling and support that is cross-culturally sensitive and adapts to people from a range of backgrounds
- To empower our clients by a focus on family strengths
- To provide a comprehensive resource, information and referral service, where appropriate

## Services

*“My counsellor showed compassion and understanding. He gave me the chance to talk without judgement.”*

– Carlos

Services include:

- Professional counselling for any or all members of the family and extended family and friends, including the individual with problem drug use
- Therapeutic and educational groups for family members
- Supported playgroups for families affected by alcohol and other drug use
- Alcohol and other drug use assessment and referral to other agencies
- Community programs aimed at supporting and strengthening families