

What Glebe House is about?

Glebe House offers clients an opportunity to have supported accommodation for three months, thus assisting their rehabilitation back into the Community without the use of alcohol and drugs.

Often clients have no supportive friends or family members - due to their addictions, the ties have been broken. Clients have regrets and shame over their past issues and are very low in self esteem. We aim to assisting them to start on a road of 'Recovery' - by attending AA & NA meetings - learning life skills, providing education plus ongoing counselling and sponsorship.



Want to find out more?

Please contact the Family Therapist and Outreach Coordinator.

Telephone
02 9566 4630

Facsimile
02 9552 1585

Email
moveout@bigpond.net.au



Funded by
Department of Community Services
Department of Corrective Services
Department of Health of Aging



Glebe House

OUTREACH SUPPORT SERVICES



How we see this program interacting with the rest of Glebe House?

Family issues, resentments and relationships are a major concern for our clients. Often clients are homeless and have had no communication with their families.

By educating family members regarding alcoholism and drug addiction they may open up some form of communication.

They will understand what the clients are striving to achieve, also the importance of their meetings, sponsors and living one day at a time. Often families put pressure for their boys to get back to work etc. - to make money for the bills they have to pay. With education they may learn the importance of maintaining a healthy sobriety.

Family members and friends react in different ways, at different times. They may feel sad, angry, anxious, fearful, guilty, resentful, withdrawn, stressed, disappointed, or helpless. All of these feelings are common.

If this sounds like you, you are not alone. Many relatives, friends and partners of people using alcohol or other drugs have had similar experiences.

Don't be afraid to ask for help. Drug and alcohol problems are difficult to deal with on your own. Getting support can help you to cope and continue to support the drug-affected person, if you decide to do so.

Please ring Glebe House

Ph: 9566 4630

Fax: 9552 1585

To arrange a Family Support Counselling appointment: Mondays, Tuesdays, and Fridays. Times can be arranged to suit each family.

Checklist for families and friends

- Take care of yourself
- Know where to go for more help and support. Remember – it's okay to ask for help.
- Support other family members.
- Realise that you can't fix your relative or friend, and that they need to take steps to stop or cut down their use.
- Understand that recovery can be a long process and that relapse is common.
- Know where to get more information about available treatment options.
- Understand the treatment options that are available, and what each one offers.
- Know what to do in case of an emergency, such as an overdose.
- Understand the effects of alcohol and other drugs. If you need more information ask a support worker.