

“My loved one is using or drinking!”

“I am feeling a little lost.”

For a person affected by the unhelpful addictive behaviour of their loved one:

Every Sunday 8:00pm – 9:30pm

Anonymous and online.

Phone Hugh – 0402 400 761

This is a science and kindness based program for a person impacted by the unhelpful addictive behaviour of someone they love.

This skill-based, solution-oriented approach might offer helpful peer support to help me better discover **how I might better support my loved one and increase the likelihood of them seeking help.**

This meeting is for a person who has a loved one currently struggling with an unhelpful addictive behaviour, or has a loved one in treatment, or a loved one sober and needing support.

There is no cost for the meeting, donations are accepted, and do allow this work to move forward.

There is a handbook available for purchase – it is not a requirement.

For more information on BuiLD visit:

www.BLD.org.au

Unhelpful Addictive Behaviour might be defined as “persisting with a behaviour despite an adverse consequence and at the expense of a thing I say I value.”

IN A MEETING I MIGHT...

- Gain some Insight into my Change and Motivation
- Restore some Balance in My Life
- Adopt a more “Positive” Communication Style
- Learn how to set a Healthy Boundary
- Improve my Safety and Support
- Learn to better Identify “Unhelpful Behaviour”
- Work on a Trust and Forgiveness Issue
- Understand better that I am likely to not be alone in dealing with this issue