



Family Recovery

CatholicCare
SYDNEY

Upcoming sessions

FOCUS (in-person & online)*

18th Feb - 6th May 2025

PAUSE (online)

3rd June - 19th Aug 2025

PAUSE (online)

23rd Sept - 9th Dec 2025

What is Family Recovery?

The program supports family members and individuals dealing with problem alcohol or substance use, gambling behaviours, and related mental health issues.

We offer individual counselling, group therapy, and education, providing information on the effects of dependency and related mental health issues, whilst offering the opportunity for participants to learn and develop skills and strategies to improve emotional wellbeing and quality of life.

Who do we support?

- Spouses/partners/siblings
- Children (5-18 years old) whose parents or siblings have a drug, alcohol or gambling dependency
- Parents whose adolescent or adult children are using alcohol, drugs or experiencing mental health concerns
- Adults who grew up in a family affected by alcohol or drug use
- Adolescents who are using alcohol and drugs or who have problem gambling behaviours.



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