

How do I get to ReGen?



26 Jessie St
Coburg VIC 3058

Train

The Moreland railway station on the Upfield line is right at the end of Jessie Street.

Bus

Number 510 runs along Moreland Road, and stops just near Moreland railway station.

Tram

Number 19 stops at the corner of Sydney and Moreland Roads.

Contact us

UnitingCare ReGen
Formerly UnitingCare Moreland Hall

26 Jessie Street
Coburg VIC 3058
T 03 9386 2876
F 03 9383 6705
contact@regen.org.au
www.regen.org.au

Family

Counselling

& Support

Services

Re Gen™

 **UnitingCare**

**INSPIRING ALCOHOL
& OTHER DRUGS
TREATMENT & EDUCATION**

ReCognising the importance of families

The family team provide counselling and support to individual drug users and family or friends who are affected by an individual's drug use.

At ReGen we recognise the importance of families and we value the role that their expertise and individual strengths can play in creating opportunities for change.

The aims of the Family Counselling and Support Services Team are to:

- Facilitate effective communication among family members, including the substance user
- To build skills and strategies that assist families to cope with the various issues that may arise
- To assist families in establishing more effective boundaries
- To provide families and individuals with information on drugs, mental health, treatment and other relevant matters
- To assist families and individuals to focus on their own health and wellbeing and personal goals.

ARC (Action-based Recovery Course)

The ARC course is a six-week educational program offered for family members of a person with problematic alcohol and other drug use the chance to learn more about their role in recovery.

For further info contact Family Drug Help on 1300 660 068.

Family & Friends Support Group

This unique group operates on the last Wednesday of every month, facilitated by an Alcohol and Other Drugs (AOD) Counsellor. It offers the opportunity to talk about problems you may be experiencing whilst supporting someone who is using alcohol and/or other drugs in a harmful or problematic manner.

Intensive Playgroup

Intensive Playgroup is an opportunity for parents and or carers of pre-school aged children (0-5 years) to participate in a Playgroup. This is a program for families who are affected by alcohol or other drug use. It is offered at various sites in the north-west region and facilitated by staff who have training in alcohol and other drug treatment and/or childcare.



Family Counsellor

The Family Counsellor provides short-term counselling & support services to families and individuals who are experiencing harms associated with substance use. They can provide:

- Family counselling
- Facilitating Family Meeting
- Phone support
- Developing support plans for families.

Single Sessions

This effective and efficient style of counselling is time limited (usually one or two sessions), specific and goal oriented. This style of counselling is ideal for family and friends wanting to become more informed or work on specific strategies to create change.