

ReConnecting

with yourself

& loved ones

Re Gen™

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

Single Session Counselling

Open Day

As part of ReGen's Drug Action Week activities, we will be holding an Open Day on Thursday June 21st to highlight the effectiveness of the 'Single Session' approach for families and individuals. All counselling appointments on the day (from 9am-2pm) will be offered as 'single sessions'.

As the name implies the approach is that for many people a single counselling session (if appropriately structured) can meet their needs. A Single Session model provides an opportunity to gain information, get advice and seek support without committing to ongoing counselling. If people need further support beyond a single session, they can be linked into other supports.

To date, ReGen's Single Session model is primarily used to deliver timely and effective treatment to family members and other loved ones who are affected by substance use. Our experience in using this model is consistent with current research that targeted, practical support and advice is effective in enabling people to start making positive changes in their lives.

Who's it for?

Any individual or family member who is struggling with the impact of substance use on their lives.

How long does it take?

Usually an hour to an hour and a half. If people have a number of family members attending the session it is likely to take longer.

What should people bring?

We need to register people on the day, so a Medicare card or photo identification is required. Refreshments will be available and a play area for children.

Do I need to book?

Appointment bookings can be made with our Triage team on 03 9386 2876. People are also welcome to walk-in between 9am and 2pm. All of our counsellors will be available for the day so we don't anticipate long waiting times.

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