

Testimonials

In six weeks I learnt exactly how alcohol was damaging my health from the information that was supplied by the Alcohol and Drug Unit, and discussion within the group. I have been sober now for 14 months and completing the course has helped me to stay sober. Taking that first step through the door into the group has been a blessing not only for me, but my family.

Carol

I found sharing with a group of people who have similar problems and aims very supportive. The different sessions, especially relaxation, family issues and stress management, have proven helpful in my everyday life.

Norm

I found the Lifestyle Programme to be supportive and informative. It is a fabulous reinforcement of my abstinence goals.

Vicki

The Lifestyle Programme has helped me in many ways both in terms of my use of alcohol and my struggles with mental health issues. Each session enables me to garnish more strategies to alter the way I deal with a whole gamut of situations I find affecting me in every day life. Brilliantly run by caring professionals.

Stephen

Lifestyle

Lifestyle promotes balanced healthy living.

Lifestyle is an educational programme for adults abstaining from alcohol.

Lifestyle explains how alcohol can affect various areas of your life.

Lifestyle will help you to discover alternate healthy choices available to support a balanced and happy alcohol free lifestyle.

For more information

Please call 4014 4796 during office hours and ask to speak to a member of the Alcohol and Drug Unit.

About Calvary

Founded in 1885 by the Sisters of the Little Company of Mary, Calvary is a charitable, not-for-profit, Catholic health care organisation. Our mission is to provide quality, compassionate health care to the most vulnerable, including those reaching the end of their life. With over 18,000 staff and volunteers, we have a national network of 14 Public and Private Hospitals, 72 Residential Care and Retirement Communities and 19 Community Care service centres.



Calvary

Mater Newcastle

Awabakal Country,
Locked Mail Bag 7, HRMC, NSW 2310, Australia
www.calvarymater.org.au

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Lifestyle Programme

Alcohol and Drug Clinical Services



Calvary

Mater Newcastle

Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Mater Newcastle is a public hospital and a major cancer care centre within the Hunter New England Local Health District network.

Programme details

When: Wednesday

Time: 10am until 12noon

Duration: 6 weeks

Location: Alcohol and Drug Unit
Level 3 (Medical Centre)
Calvary Mater Newcastle
WARATAH NSW 2298

Bookings: Bookings are essential. Contact 4014 4796 to reserve your place.

Attendee conduct

In consideration of others, attendees are requested to:

- Arrive early to begin on time at 10am.
- Bring a pen and writing paper if you would like to take notes.
- Abstain from alcohol for the duration of the programme (6 weeks).
- Be free from the influence of alcohol and other drugs, every session.
- Respect fellow attendees, presenters and facilitators at all times.
- Make a commitment to attend for six weeks. Ring 4014 4796 and let us know if you are unable to attend a session, or if you decide to withdraw from the programme.

Lifestyle programme

Lifestyle is about:

Incorporating alternate healthy life choices to support a balanced and happy, alcohol free lifestyle.

Lifestyle is:

A supportive educational programme providing information about the impact of alcohol on your life. Lifestyle will assist with the skills to remain abstinent from alcohol.

Lifestyle welcomes:

All adults who are abstaining from alcohol.

Lifestyle topics include:

- relapse prevention
- nutrition
- relaxation
- stress management
- sleep strategies
- pharmacotherapy (medication) options
- goal setting and planning
- the physiology and psychology of alcohol abuse and dependence
- additional support groups and networking

Lifestyle has been:

Provided and endorsed by professionally trained clinicians and generous volunteers for over 20 years.

Lifestyle is not group therapy. Enquiries for individual counselling and group therapy can be made by ringing the Alcohol and Drug Unit on 4014 4796.

Criteria for attendance

- A desire to make the lifestyle changes as necessary to support a goal of abstinence from drinking alcohol.
- Abstinence from alcohol for the duration of the programme and consent to random breath testing if required.
- An assessment by a member of the Alcohol and Drug Unit or a recent referral from Lakeview Detoxification Centre or similar programme.

What to do next

Call the Alcohol and Drug Unit at Calvary Mater Newcastle on 4014 4796 and make an appointment for an assessment with an Alcohol and Drug Counsellor. The Lifestyle programme will be discussed with you and a booking made if appropriate.

Or

Call the unit and confirm your referral from a recent detoxification programme and make a booking for the next Lifestyle programme.