

PROGRAMME DETAILS

When: Wednesday
Time: 10am until 11:30am
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 6 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, sleep and physical activity
- distress tolerance
- anxiety prevention
- managing cravings
- pharmacotherapy (medication) options
- goals and rewards
- the physiology and psychology of alcohol misuse
- additional support groups and networking

LIFESTYLE HAS BEEN:

Provided and endorsed by Health professionals and clinicians 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 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.

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 explore alternate healthy choices available to support a balanced and meaningful 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.

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

In an abandoned stocking factory in Nottingham, England, Venerable Mary Potter and the Sisters of the Little Company of Mary began their mission of caring for the sick and dying. Inspired by the women who stood steadfastly with Jesus as he died upon the cross at Calvary, six courageous Sisters sailed into Sydney in 1885 where they immediately began to care for those in need. Thus began Calvary's enduring legacy of care in Australia. Today, we continue their mission in that same Spirit of Calvary in our hospitals, home and virtual care services, retirement living and residential aged care homes.



Calvary | Mater Newcastle

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

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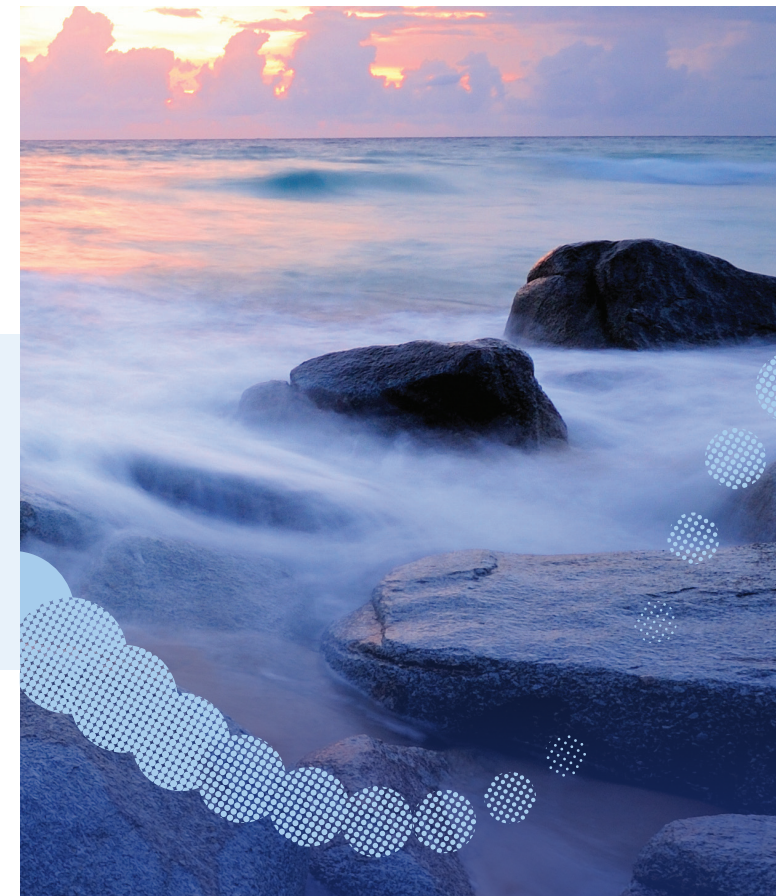


Calvary

Mater Newcastle

Lifestyle Programme

Alcohol and Drug Clinical Services



Hospitals | Home Care | Virtual Care
Retirement Living | Residential Aged Care