

Our commitment
to you is:

Compassion
Acceptance
Respect
Excellence in service

Where you can find our services

Perth

134 Palmerston Street Perth WA 6000
P: 9328 7355 perth@palmerston.org.au

Palmerston Farm TC

Contact through Palmerston Perth

Fremantle

Level 3, 22 Queen Street Fremantle WA 6160
P: 9430 5966 fremantle@palmerston.org.au

Rockingham

Unit 2, 31 Council Avenue Rockingham WA 6168
P: 9550 9200 rockingham@palmerston.org.au

Mandurah

22 Tuckey Street Mandurah WA 6210
P: 9581 4010 mandurah@palmerston.org.au

Thornlie

312 Spencer Road Thornlie WA 6108
P: 9267 2400 thornlie@palmerston.org.au

Albany

Unit 3, 90 Frederick Street Albany WA 6330
P: 9892 2100 albany@palmerston.org.au

Katanning

19 Daping Street Katanning WA 6317
P: 9821 8306 katanning@palmerston.org.au

Denmark

Unit 7, 39 Strickland Street Denmark WA 6333
P: 9848 1491 albany@palmerston.org.au

palmerston.org.au

Palmerston Association is a leading and respected not for profit organisation supporting people with alcohol and other drug (AOD) issues in Western Australia.

Families are a priority and we support families through family counselling and group support. We think of families as the important people in someone's life who may or may not be related to them.

Our services are free, confidential and everyone is welcome.

What is family counselling?

Family counselling involves family members meeting together with a counsellor to discuss the difficulties faced by the family in relation to alcohol and other drug use. The counsellor will help the family understand the impact of drug use on both the individual and the family, and develop strategies for positive change. Sometimes a process known as reflective therapy is used. A team of counsellors helps the family reflect on and develop responses to the difficulties they are facing.

Why family counselling?

Taking a family based approach may significantly increase the chance of people staying engaged and reducing their drug/alcohol use problems. Our families are a part of our life and can often be part of the solution.

Family members themselves may be experiencing stress and anxiety in response to someone else's drug/alcohol related problems and may need help and support.

Family counselling can provide that support and can help the family play an important role in the recovery process. Palmerston's family counsellors are skilled in helping families draw on their own wisdom to bring positive change to the family.

All family members, including the person with AOD issues, are encouraged to attend family counselling.

Individual, couple and family counselling is available with qualified and dedicated counsellors.

Family support groups

We offer both informal and more structured family support groups.

Our weekly evening family groups are run by peers – family members who have experienced the AOD use of a family member.

The Stepping Forward program offers useful information and support over three sessions. The program covers information on drugs and treatment, stages of change and communication. Each two hour session is designed to provide participants with something of value without having to attend all sessions.

Palmerston also offers a program called 'Be SMART' for families and carers affected by drug and alcohol issues of a person close to them. This is an eight week program designed to assist participants to develop effective coping strategies and to look after themselves even in difficult and stressful circumstances.

Our team

Collectively our team has a wealth of experience, including counselling, working with community groups, families and children, people from culturally and linguistically diverse communities and working with Aboriginal people.