

palmerston.org.au



Compassion
Acceptance
Respect
Excellence
Service

Visit our website for branch locations or call/email:

Albany

P: (08) 9892 2100 albany@palmerston.org.au

Armadale

P: (08) 9399 5344 armadale@palmerston.org.au

Denmark

P: (08) 9848 1491 albany@palmerston.org.au

Fremantle

P: (08) 9430 5966 fremantle@palmerston.org.au

Katanning

P: (08) 9821 8306 katanning@palmerston.org.au

Mandurah

P: (08) 9581 4010 mandurah@palmerston.org.au

Perth

P: (08) 9328 7355 perth@palmerston.org.au

Residential Rehab

Contact through the Perth office

Rockingham

P: (08) 9550 9200 rockingham@palmerston.org.au

Thornlie

P: (08) 9267 2400 thornlie@palmerston.org.au

Corporate Services

P: (08) 6389 6600 mail@palmerston.org.au

Palmerston is a leading and trusted service improving the lives of people affected by alcohol and other drugs. We put people at the heart of our thinking.

We are committed to working with Aboriginal people in culturally secure ways.

We are committed to working with people from culturally and linguistically diverse communities.

Our services are free, confidential and everyone is welcome.

Why family support?

When alcohol or other drug use becomes problematic, it is not only the individual who is affected. We offer support to families by providing information, individual counselling, family counselling (two or more people together) and support groups. We think of families as the important people in someone's life who may or may not be related to them.

What is family counselling?

Family counselling involves family members meeting with a counsellor to discuss the difficulties faced by the family in relation to alcohol or other drug use. The counsellor will help the family understand their experience and develop strategies for change. All family members are encouraged and welcome to attend family counselling.

Why family counselling?

Taking a family based approach may significantly increase the chance of people staying engaged and making changes. Our families are part of our lives and can often be part of the way forward.

Family counselling provides support to all participants and helps the family to draw on their own wisdom to bring positive change.

Family support groups

We offer both informal and more structured family support groups. Family support groups offer the opportunity to talk about what is happening for you with other people in a similar situation.

Some of our groups are run by peers – people who have been affected by the alcohol or other drug use of someone close to them.

Support groups vary from branch to branch, so contact your local branch to see what is on offer.

Our team

Collectively our team has a wealth of experience including working with individuals, families and community groups.

