

# Rules & Aims – ADAVIC Support Groups



**Welcome to the ADAVIC Support Group, we hope you find it beneficial.**

## Purpose

- To create a safe environment for discussing issues and problems
- A place to share and reflect, and ask for advice

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## Details

- 2 hours duration with a short break tea break
- No set topics
- Facilitators coordinate discussions and provide leadership for the group

## Rules

- Must be over 18 years of age
- Partners, friends, carers welcome
- A small attendance fee per meeting to help cover ADAVIC's costs \*
  - ▶ \$3.00 for ADAVIC members ▶ \$5.00 casual
- Confidentiality – what is discussed in the group stays in the group!
- No pressure to take part in discussion – welcome to just sit & listen
- No pressure to stay for entire meeting
- We try to avoid conversations specifically related to religion or politics because these can become problematic
- Mobile Phones to be turned off or “silent”

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## Support for when the groups aren't available



- Phone the ADAVIC office from 10.30am to 4.30pm, Tuesday to Friday
- Visit the online Discussion Board at [www.adavic.org.au](http://www.adavic.org.au), open 24hours/7days
- *Lifeline* - Ph: 13 11 14 - 24hours/7days or [www.lifeline.org.au](http://www.lifeline.org.au)

For any further questions or concerns please do not hesitate to ask the facilitators or call the ADAVIC on 9853 8089.

*\* Attendance fees cover venue hire and refreshments for the group. Any money left over helps to fund ADAVIC's work in the community. ADAVIC is a self-funded not-for-profit association.*