

Uniting WA  
Attach

# In-home drug and alcohol support for parents.

If you care for a child aged 12 years or under and you'd like support to manage your alcohol or drug use, we can help.

The Uniting Attach program provides a flexible 4 to 6 month in-home counselling service that's designed to support you to address your drug and alcohol-related issues and develop strategies to create stronger relationships with your children.

## How Attach works.

The Attach team meets you where you're at and walks your journey with you.

Services are delivered in your home over a period of between 4 and 6 months. Counselling is flexible and can be adapted to suit your needs. You'll be supported to build on your existing strengths as a parent and a family, and develop stronger relationships with your children.

Our team of specialists will support you to work through a series of modules as part of the Parenting Under Pressure model, a nationally recognised program that supports parents to map out and achieve their parenting goals.

Uniting acknowledges the original Parenting Under Pressure program developers. You can learn more about Parenting Under Pressure at [pupprogram.net.au](http://pupprogram.net.au).

## Take the first step.

If you feel like you'd benefit from this program, you can refer yourself at any time. Please get in touch with us for a confidential conversation.

We also accept referrals from:

- Alcohol and drug agencies
- Mental health services
- Department for Child Protection and Family Support
- Department of Corrective Services
- Community organisations.

[unitingwa.org.au](http://unitingwa.org.au)

Call us on  
08 9239 0920

Or email  
[attach@unitingwa.org.au](mailto:attach@unitingwa.org.au)



# Uniting



## Contact us

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Uniting WA is a community services organisation of the Uniting Church Western Australia. We support people experiencing complex challenges throughout the Perth metro area and in the Great Southern.

If you need this information in a different format, please get in touch.

Family Services — Attach — August 2020

## Getting to the root of the issue.

Being a parent can be challenging, and it becomes a much harder job when alcohol and/or drugs are used. But drug and alcohol use are often symptoms of other problems.

We recognise that parents who struggle with alcohol and drug use are also often dealing with other issues including mental illness, financial difficulties, social isolation, strained family relationships and family violence. That's why we'll listen to you and take the time to understand your situation.

## You're in charge.

We'll work with you to identify and meet your needs, and support you to make decisions that are best for you and your family. Because no one knows your family like you do.

We'll support you to:

- Make informed decisions about your drug and alcohol use
- Identify high-risk situations and make a plan for safe decision making
- Challenge negative views you might hold about yourself
- Develop your confidence and self-esteem
- Learn strategies for managing your emotions
- Develop more positive parenting skills and rewarding relationships with your children
- Learn and use life skills such as budgeting and healthy living
- Extend your support network.

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