



Family Recovery

Supporting family members and individuals impacted by a loved one's alcohol or substance use, gambling or related mental health concerns.

Upcoming 2026 Groups

PAUSE (online)

Weds 4th Feb - Weds 22nd April (10am to 12pm)

FOCUS

Tues 24th Feb - Tues 12th May (4:30pm to 6:30pm)

FOCUS

Mon 13th July - Mon 28th Sep (10am to 12pm)

PAUSE (online)

Tues 22nd Sep - Tues 8th Dec (4:30pm to 6:30pm)

You can also **call 13 18 19** or **visit catholiccare.org/familyrecovery** to make an enquiry or learn more.

Kaleidoscope

A group for children (aged 8-12) who are affected by a family member's alcohol, drug, problem gambling, or related mental health concerns.

Upcoming 2026 Groups

6th Jan - 29th Jan

Tues & Thurs, 10:30am - 11:45am

2nd Feb - 31st Mar

Tues, 3:30pm - 4:45pm

12th May - 30th Jun

Tues, 3:30pm - 4:45pm

4th Aug - 22nd Sep

Tues, 3:30pm - 4:45pm

13th Oct - 1st Dec

Tues, 3:30pm - 4:45pm

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