**Very Important Families (VIFs)** is a support group established for parents and families who have a loved one in gaol or on parole. We share experiences, offer practical information about the prison system, provide support and become empowered.

**Shared Sentence** is a support group established for parents and families who have a loved one in gaol or on parole. We share experiences, offer practical information about the prison system, provide support and become empowered.

**Art 4 Healing** uses the creative process - drawing, painting, collage, sculpture - to explore and express emotions, thoughts, memories, and ideas. Art 4 Healing provides a safe space to visually explore feelings which may otherwise be difficult to verbally express or understand.

**Off Our Rockers** is a supportive group of grandparents who come together to share our experiences, offer information, provide advocacy and gain practical advice about raising grandchildren.

**Survivors of Life (SoL)** provides the opportunity for kids whose lives have been impacted by substance abuse to come together and heal together.

**etc...** is for families affected by the suicide of a loved one. We are a supportive group of people who come together to share our experiences and memories, and support each other on our journey.

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**A Village of Support**
For families impacted by Drug and Alcohol Abuse

Sadly, substance abuse is a damaging reality for many families in our community. The impact of substance abuse on families is significant and can include theft, violence, manipulation, isolation, conflict, stress, lack of trust and financial strain. As a result, individual family members experience a range of differing emotions such as powerlessness, feeling drained, unsupported, worried, guilty, tearful, confused, tense, angry and lonely.

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**THE SALVATION ARMY**

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