

SDECC's Elevate

Group Program for Young People

SDECC's Elevate Group Program offers young people a gentle and engaging way to get support for any drug and alcohol concerns.

It's perfect for those who might be open to help but aren't ready for one-on-one counselling.

What is the aim of Elevate?

Through fun and interactive activities, the Elevate Group explores the basics of harm reduction.

In harm reduction, abstinence doesn't have to be the goal; instead, it helps individuals explore and minimise the impacts of substance use on their lives.

How can Elevate help?

The group activities are designed to help young people reflect and discover their own reasons for change within a supportive and collaborative environment.

Group Details

- **Duration:** Three weeks. 1 group per week. Each session lasts 60 minutes.
- **Setting:** The Elevate Group is held in a confidential space at the school or youth service.
- **Participants:** Young people currently using substances or at risk of developing substance use issues. Maximum of 8 participants.
- **Criteria:** Aged 12-25, living/working/studying in the Sydney North area, and have consented to join. For those under 14, parent/carer consent must be obtained.
- **Facilitators:** Guided by 2 experienced SDECC counsellors.



Elevate

Your Awareness,
Skills and
Strengths.

Want to learn more?

✉ Agencies and schools can send us an **email** or **call** to express interest in organising the Elevate Group program.

Call: 9977 0711

Email: admin@sdecc.org.au

Website: sdecc.org.au

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Sydney **Drug Education & Counselling** Centre