




THE BUTTERY

Connected Communities
Valued People
Collaborative Partnerships

Phone: (02) 6687 1111

Email: intake@buttery.org.au

PO Box 42 Bangalow NSW 2479

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Key Program Themes

- Self-Care & Wellbeing
- Relapse Prevention
- Parenting Strategies & Child Development
- Parenting Coping Skills and Emotional Regulation
- Healthy Relationships
- Strengthening Support Networks

Priority Access

Priority entry is given to:

- Single parents and caregivers
- Individuals of Aboriginal or Torres Strait Islander descent
- Pregnant women
- Parents with children under the age of 5
- Individuals requiring post-detox or post-residential rehabilitation aftercare

Referrals

Individuals can self-refer or be referred by a third party with their consent by contacting **(02) 6687 1111** or send an inquiry to **intake@buttery.org.au**



The Buttery acknowledges and pays respect to past and present Traditional Custodians and Elders of this nation and the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander peoples.



The Buttery's staff are committed to embracing diversity and eliminating discrimination in providing services. We welcome everyone, irrespective of ethnicity, faith, sexual orientation, or gender identity.




THE BUTTERY

**CORE PARENTS DAY
REHABILITATION**

The Buttery's CORE Parent Program

The Buttery's CORE Parent Program offers a comprehensive non-residential 7-week, day rehabilitation program, complemented by 4 months of aftercare support.

Designed specifically for parents and caregivers dealing with problematic alcohol or drug use.

Drawing upon The Buttery's wealth of expertise in treating substance dependency, participation in the CORE Parents Program is provided at no cost.

Program Structure

- **7-Week Day Rehabilitation:** Participants engage in a 7-week day rehabilitation program, attending group support and individual support sessions.
- **4 months Aftercare:** Participants receive 4 months of aftercare support.

Location

The Core Parents program is delivered in 7-week blocks during school terms in various locations across the Northern Rivers.

Online Services

Recognising the diverse needs of participants, CORE Parents offers an online option for those unable to attend in person. Staff can provide assistance in setting up virtual platforms and guidance on navigating this digital forum.

CORE Eligibility

To qualify for the CORE Parents Program, individuals must:

- Be 18 years or older
- Acknowledge problematic alcohol or drug use
- Be a parent or a caregiver
- Demonstrate willingness to abstain from alcohol and illicit drugs throughout the program duration
- Reside within New South Wales
- Be available during school hours
- Have stable mental health

Program Objectives

- **Recovery Support:** The CORE Parents program aims to support parents in their journey to recover from substance use disorders while empowering them to develop essential skills for self-care, parenting, and family dynamics. Participants will learn effective coping mechanisms and strategies to enact positive life changes for themselves and their families.
- **Parenting Support:** We empower parents with evidence-based strategies for effective parenting, child development, and emotional regulation. By enhancing parenting skills, participants can create a positive environment for their children.
- **Improving Relationships:** The program focuses on improving relationships with self, child, and family. Participants will gain insights into communication, conflict resolution, and building healthy connections.

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