

Sisterhood – Wednesday 17 April 2024

Supporting loved ones through addiction

Held at the Women's Centre 418 Shakespeare Street, West Mackay

5:30pm to 7pm Wednesday 17th April 2024

Tanya & Jess have teamed up to deliver to you a presentation on how to recognise the signs of addiction, the process for change and how to ultimately how navigate these challenges with the right tools and supports.

Tanya and Jess will be speaking about:

- Recognise the stages of change
- Effective communication & support
- Where to get support for yourself



Tanya Thomson
BSW
Social Worker

Having engaged in community service for over 14 years, Tanya possesses extensive experience in assisting individuals, families, and caregivers to reduce the associated harms related to substance dependence.

Her expertise encompasses a diverse range of social work skills acquired through direct engagement with those affected by issues such as drug and alcohol misuse, domestic violence, and mental health challenges.

Tanya holds a Social Work degree and maintains active professional membership. Additionally, she has pursued post-degree professional development, obtaining certifications in Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT). She also holds a Diploma of Community Services specialising in alcohol, other drugs, and mental health, along with completing various industry training programs. Throughout her career, Tanya has worked across government, non-profit, and private sectors, contributing her expertise to diverse settings.



Jessica Harris
BBS (Psych), BSW
Social Worker

Jessica, a seasoned professional with dual degrees in Behavioural Science (Psychology) and Social Work, has throughout her career, dedicated her support to individuals and families grappling with addiction. From her early years with Family Drug Support to her impactful role at Adis 24/7 Alcohol & Drug Support Service, Jessica has been a compassionate force, providing counselling for both individuals experiencing addiction and their significant others.

Transitioning to broader realms of care, Jessica played a pivotal role in Lives Lived Well's Day Rehabilitation Program, delivering education sessions, facilitating support groups and offering individual counselling. In her entrepreneurial venture, Renewed Horizons Therapy, she extends her commitment to individuals, providing counselling that extends beyond addiction drawing from the unique skills and knowledge, acquired throughout her career.