

**dreambuilders**  
**centre4change**

*change4life*

# *change4life*

*The vision of Dreambuilders centre4-change  
change4life online program is to empower  
women to realise their potential.*

We aim to:

- give hope, healing and support;
- impart an understanding of behaviour in order to address areas that continue to impact clients negatively;
- equip people to become functional members of society without the use of drugs and alcohol.
- encourage our clients to help and serve others.

Dreambuilders change4life is a Christian, behaviour change, and drug and alcohol rehabilitation day program that operates without government funding. We are a not-for-profit organisation located in Hoppers Crossing, in Melbourne's West.



# The Program

Our program is based on the therapeutic community model in which the community itself, through self-help and mutual support, is the principal means for promoting personal change.

The online community focusses on the whole person and overall lifestyle changes, learning that negative experiences from their past need no longer paint the picture for their future. Recovery for women, including those with children, who are weighed down by life-controlling behaviours/issues who live anywhere in the world. Our online program is available for women, anywhere and may be tailored to suit your needs. Ideal even for those in part time work.

In a therapeutic community, residents and professionally qualified staff participate in the management and operation of the community, contributing to a psychologically and physically safe learning environment where change can occur.

- Classes to gain an understanding of basic human behaviours and developing life skills, relapse prevention, relaxation, harm minimisation, basic nutrition and conflict resolution.
- Sessions on anger management, shame, grief and loss, fear and guilt, and self-esteem.
- Reading and discussing designated books.
- Recreation and mindfulness exercises.
- Gaining increased self-worth, self-confidence, improved decision-making.
- Restructuring lifestyles, developing healthy attitudes and activities, and setting realistic goals.
- Addressing core issues including past trauma, grief, loss and shame by undertaking a searching moral inventory.
- Sessions in relationships, grief and loss, self-esteem and inner strength.







# ADMISSION REQUIREMENTS

## The applicants must:

- be female;
- have a strong desire to change;
- be willing to work to an agreed plan for abstinence from all mind altering substances (alcohol and other drugs);
- have the weekly program fee to pay upon admission
- be willing to abide by the program boundaries.

Having children is no barrier to participating in this online program.

Applicants diagnosed with major mental health issues cannot be accepted due to the constraints and demands of the program. However, co-morbidity clients who are stable and are taking prescribed medication may be accepted on a case-by-case basis.

Note that undertaking full time work will not be viable while in the program. Some part time work may be possible.

## INITIAL ASSESSMENT

Get in touch with us for an initial assessment by phone or online via our website. This will enable us to determine your suitability for the program, and to understand your personal motivation and desire to stop using. We'll then schedule a time for a formal assessment.







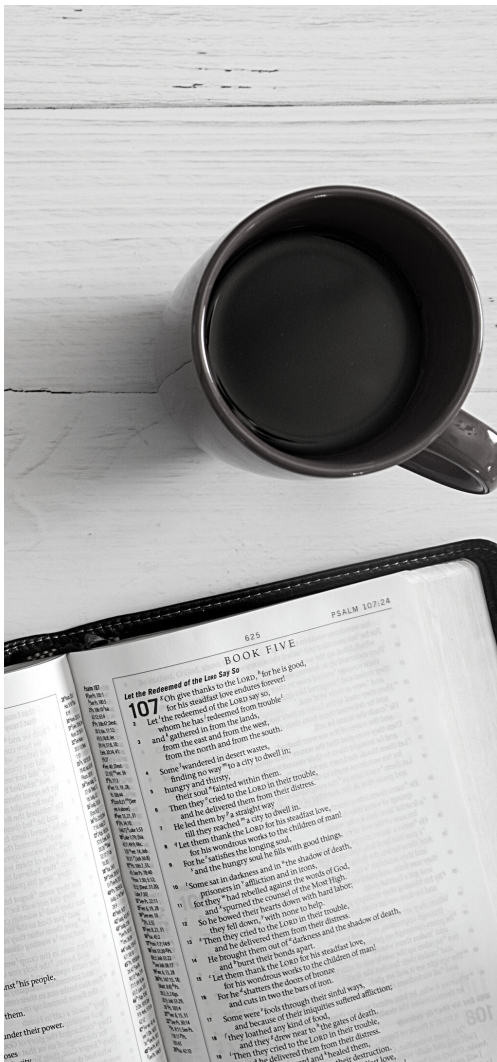
## FORMAL ASSESSMENT

We'll assess your individual situation and inform you of admission details, taking into account any wait list. The admission date will be as soon as possible

If you're placed on a waiting list or asked to meet certain prerequisites (e.g., completing a detox, obtaining consent forms, etc.), We will need to keep in contact with each other to provide status updates on a regular basis.

## ADMISSION

Arrive at the agreed time on your start date and we'll guide you through the rest of the process.



# Get in Touch

[centre4change.org](http://centre4change.org)

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