

What is POCAR?

POCAR is a group programme, which offers women the opportunity to come together twice a week and access recovery support to make changes to drug and alcohol use.

The sessions provide practical advice, as well as opportunity to explore your own individual relationship with drugs and alcohol, so that you can lead on the changes you want to make.

We recognise a need for mothers to have a space unique to them to explore the challenges and solutions they and their family need.

The groups also encourage women to draw strength and learn from each other, as well as advice and support from our trained facilitators.

Contact us today



Call us on

01273 696970



Email us at

info@oasisproject.org.uk



11 Richmond Place,
Brighton
BN2 9NA

www.oasisproject.org.uk

Referrals to POCAR are to be made
online by BHCC Children's Social
Workers:

<https://www.tfaforms.com/4862312>



POCAR for Women

Parenting Our Children,
and Accessing Recovery

A supportive programme for mothers who
want support with drug or alcohol use



What support you will receive

You will have an allocated keyworker, who you will meet 1:1 alongside the groups. They will help you with recovery planning and give you someone to talk to about your circumstances outside of the group setting .

- Groups run for 16 weeks from our base at 11 Richmond Place, Brighton. It is a woman only building in the city centre.
- Groups run Monday 10.30-12 and Wednesday 10.30-12.
- We provide free childcare from our Young Oasis creche.
- The group has 3 focuses; **building motivation to change and relapse prevention, recovery and relationships with ourselves and others, parenting and recovery.**
- You can access other services at Oasis Project including Peer Support group and Acupuncture.



Working with Social Services

Oasis Project and POCAR is separate from Social Services, but we work closely with you and your child/ren's Social Worker to support you and your family.

POCAR is only available to parents and families receiving support from Social Services because we recognise the experiences of family life may be different at this time. We want to provide you with a safe space, shared with people with similar experiences, where together you can receive support to overcome challenges.

Children's Social Workers will often want updates on attendance and our thoughts about how POCAR might be helping you make changes. This is to help understand the family situation better. We will share information about attendance and group facilitators may give their thoughts from getting to know you in the group. We will work with you to develop feedback to Social Workers on your recovery journey and support you to share how you feel the programme is helping your situation.

We also try to attend Child Protection meetings, Core groups and can write reports for Family Court, when asked in advance.

Messages from women in POCAR to women thinking about joining

'I was really nervous about coming, I couldn't imagine it, but it's not as scary as it sounds'

' I feel like my voice is heard, I'm made to feel important and valued.'

'I feel like the facilitator actually cares about me and my family'

' I always leave feeling better than when I arrived'

' Being a women only group, it feels like a safe space. We are all on our own different journeys, but we have shared goals about our recovery and our families'