Each person, young and old, has had experience with trying to persevere through tough times when things seem to be working against them.

Positive thinking is one of the most important factors in succeeding when faced with something difficult.

The path to personal growth starts with changing your mind-set from “I can’t to I can!”

If you think you are beaten, you are;
If you think you dare not, you don't;
If you'd like to win, but think you can't,
It's almost a cinch you won't.
If you think you'll lose, you're lost,
For out in the word we find
Success begins with a fellow's will,
It's all in the state of mind.

If you think you're outcasted, you are;
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win a prize.
Life's battles don't always go
To the stronger or faster man;
But soon or late the man who wins
Is the man who thinks he can.

The new year is in full swing again
and at the Aurora Centre it is business as usual – treatment, prevention, training, meetings, marketing, financial management and a host of related activities.

Since October 2017 there were also a buzz of other activities which is the result of an allocation received from the NLC to have the external buildings renovated, the installation of water tanks, a gas stove and oven, electric fencing, a computer and an allocation towards operational costs. This allocation will without a doubt have a very positive impact on the Centre’s yearend financial results.

Our sincere appreciation goes to the NLC for the allocation.

But, it is by no means plain sailing. We find ourselves in a very difficult economic climate which has a profound impact on our finances. This requires that sacrifices have to be made and it is the staff that bear the brunt of these saving measures. In spite of this they have continued to revise the treatment programme as well as training material. It is necessary that we thank them for their sacrifices and efforts in this regard.

This newsletter will also announce that we have arranged Open Days in an effort to meet our stakeholders and keep them abreast with developments at the Aurora Centre and iron out some of the difficulties they may have. We are indeed looking forward to see you! For those who are unable to attend, we can arrange to meet you where you are!

Enjoy this newsletter!

Gert Kruger
All Social Workers, Employee Wellness Practitioners and other interested parties are invited to attend the

Aurora Open Day

Since 1966 the Aurora Alcohol and Drug Centre has strived to be leaders in the field of substance use disorder treatment in the Free State.

The Centre has gone through some major changes in the recent past. Information regarding our new team, services and revised treatment programme will be given through to you on the day.

We would like to take this opportunity to thank you for your loyal support.

Hoping for your presence on the day.

DATE: 27 February 2018
RSVP: 22 February 2018
Please contact the Aurora Centre for more information

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Aurora Alcohol and Drug Centre

Presents

The Truth about Co-Dependency

Workshop

A two day workshop on The Truth about Co-Dependency based on up to date information and research findings

Date: 13 & 14 March 2018
Time: 08h30—16h00
CPD Points: SACSSP—Pending
Cost: R1500 per person.
(includes tea time refreshments and a light lunch)
Venue: Aurora Centre. 15 Brompton Avenue
Navalsig Bloemfontein
Booking is essential.

Please contact Marietjie Landsberg at info@auroracentre.co.za for more information.
Workshop can be presented at a different venue if there is enough interest

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Aurora Alcohol and Drug Centre

Presents

Identification and Management of Substance Use Disorders Workshop

A two day workshop on Identification and Management of Substance Use Disorders based on up to date information and research findings

Date: 6 & 7 March 2018
Time: 08h30—16h00
CPD Points: SACSSP—Pending
Cost: R1500 per person.
(includes tea time refreshments and a light lunch)
Venue: Aurora Centre. 15 Brompton Avenue
Navalsig Bloemfontein
Booking is essential.

Please contact Marietjie Landsberg at info@auroracentre.co.za for information.
Workshop can be presented at a different venue if there is enough interest.
Drug abuse in South Africa is said to be taking a heavy toll on communities in the country where drugs fuel a life of addiction and crime, especially among the youth.

Over the years, the addictive nature of drugs has seen unusual and potentially dangerous cocktails emerge in the country like ‘nyaope’ or ‘whoonga’, which include a mix of substances like heroin, marijuana, rat poison, detergent and anti-retroviral or ARV drugs.

Substance abuse and problematic patterns of substance use among youth can lead to problems at school, cause or aggravate physical and mental health-related issues, promote poor peer relationships, cause motor-vehicle accidents, and place stress on the family. They can also develop into lifelong issues such as substance dependence, chronic health problems, and serious social and financial consequences.

In comparison to adults, adolescents can often use drugs more heavily and for longer periods without seeing the real damage they are doing. This is partly because many adolescents do not have to be accountable at work, do not need to pay rent, put food on the table or care for others in the same way that adults do. The motivation for change is, for this reason, very different to that of an adult. This requires a specialised approach, a well-researched model and experienced staff.

It is difficult to know the actual number of drug users in South Africa, but the demand for evidence based, best practise treatment services has increased over the last several years.

It takes a lot of courage to seek help for a child with a possible drug problem because there is a lot of hard work ahead for both of you, and it interrupts academic, personal, and possibly athletic milestones expected during the teen years. However, treatment works although it may take time and patience. Treatment enables young people to counteract addiction’s powerful disruptive effects on their brain and behaviour so they can regain control of their lives. You want to be sure that your teen is healthy before venturing into the world.

Contact the Aurora Centre for more information and assistance.
Blessings form the Aurora Staff for the month of love

We pray that happiness be at your door. May it knock early, stay late and leave the gift of God’s peace, love, joy and good health behind.