



IS YOUR FAMILY BEING TORN APART BY ADDICTION?

Are you trying to hold everything together?

Our Family Recovery Support Service can provide a range of support options that mean you do not need to cope alone.

We can provide:

- one to one support;
- education and awareness raising sessions;
- telephone support; and
- family support groups.

To find out more call our Family Support Service on **01382 200532**.

"I've only been to one group and I already feel better knowing that there are people around me who understand what I'm going through. I can't wait to come back and learn more about the tools available to help me deal with my son's addiction." - **Family Recovery Support Client**



www.gowriecare.co.uk

Gowrie Care is a Registered Scottish Charity No SC034261.

Gowrie
CARE LTD

GOWRIE CARE'S FAMILY RECOVERY SUPPORT SERVICES INCLUDE:

Our **5 week information and support programme** provides information around drug awareness*, addiction and recovery, building coping strategies, stress management and well-being and moving on. A Resilience Toolbox will be available for use at the end of the programme. The Family Support Group provides a safe and positive place providing valuable peer support.

We can help you with **Building Coping Strategies** through one-to-one support around individual needs in the context of your own family. During the sessions we can look at ways resilience can be developed, and recovery capital and well-being increased. We'll help you to develop an awareness of the benefits of a "helping relationship" whilst looking after your own well-being.

We also provide one to one **Stress Management and Well-Being Support** with experienced drug and alcohol support workers. You will also have the opportunity to meet people in recovery on our Peer Mentor programme and we can signpost other support providers.

Our **Moving On Sessions** allow you to consolidate learning and develop an Action for Change plan, incorporating a Keep Well plan for early identifications of difficult situations.

We can also provide **Telephone Support** on: Mondays 10am - 11am; Wednesdays 2pm - 3pm; and Fridays 7pm - 8pm. Just call **07850 243410**.

**Drugs Awareness - drug use and effects, drug paraphernalia, harm reduction advice and support (this can include a visit to our on-site Harm Reduction Centre which has an enhanced Needle Exchange).*

For more information on any of the above call **01382 200532**.