

The impact of drug & alcohol use on family and other relationships

FREE

All day Course (6 hour session)

This course aims to help you to understand how drug and alcohol misuse has an impact on the whole family and wider relationships and how to cope. We will consider the many different types of 'family' in the 21st century and what family means to you.

In this course, we will explore the ways in which family members, close friends and others in relationship affect one another. We will consider ideas and help us understand interactions in relationships where drug and alcohol misuse in particular is involved. Drawing on inspirational recovery stories from family members (including celebrities), you will hear what has helped others to cope with relationships affected by drugs and/or alcohol. We will together tap into our own resources and experience to identify ways to support our wellbeing and move forward in positive way.



10.00am – 4.00pm Tuesday 21st March

TO ENROL

**Open to everyone 18+
in Camden & Islington**

Visit us at:

The Recovery College
4 St Pancras Way (corner Granary Street)
London NW1 0PE

Visit our website :

www.candi.nhs.uk/recoverycollege

For more information:

Call us on 0203 317 6904