

# Family & Addiction Awareness Program

Prairie Mountain Health Addictions Services is offering a four-week course for adults (18+) affected by a loved one's alcohol, drug use, or gambling. The sessions focus on understanding addiction and its effects on families.




**We hope that by attending and participating in these sessions you will be able to:**


- Reduce the effect of addiction on yourself and your family.
- Understand the dynamics in families affected by addiction.
- Increase the use of appropriate coping and problem-solving strategies.
- Reduce isolation through interaction with the group.
- Improve your sense of hope.
- Develop healthier relationships.

**Pre-registration is required**


**For more information or to register please contact:**


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**Parkwood Centre**  
510 Frederick St. Brandon



**7 pm - 9 pm**



**Monday Evenings**

**June 1**

Codependency/Feelings

**June 8**

Detachment/Boundaries

**June 15**

Shame/Reflecting Back

**June 22**

Communication/Caring for Ourselves