

# Family & Addiction Awareness Program

Prairie Mountain Health Addictions Services is offering a four-week course for individuals who have been affected by the alcohol, drug use or gambling behaviour of someone close to them. These 4 sessions are for those **18+** and are designed to create an awareness of addiction and its effects on family members.




## 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



**9:30am - 11:30am**



**Monday Mornings**

**June 2**

Codependency/Feelings

**June 9**

Detachment/Boundaries

**June 16**

Shame/Reflecting Back

**June 23**

Communication/Caring for Ourselves