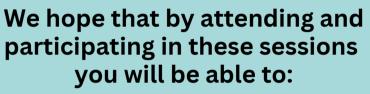
Family & Addiction

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.

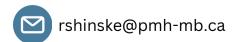


- Reduce the effect of addiction on yourself and your family.
- Understand the dynamics in families affected by addiction.
- Increase the use of appropriate coping and problem-solving strategies.
- Reduce isolation through interaction with the group.
- Improve your sense of hope.
- Develop healthier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

Pre-registration is required

For more information or to register please contact:

Rob Shinske





Lorrie Norquay







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



