

# 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 four sessions 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:


### Rob Shinske

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 204-729-3863

### Lorrie Norquay

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 204-729-3851



**Parkwood Centre**  
510 Frederick St. Brandon



**7:00 - 9:00 pm**



**Monday Evenings**

### March 3

Codependency/Feelings

### March 10

Detachment/Boundaries

### March 17

Shame/Reflecting Back

### March 24

Communication/Caring for Ourselves