

## SOURCES AFFECTED FAMILY SUPPORT GROUP (via Video)

**Sources Substance Use Services** is committed to providing information, counselling and support to our community members. We are currently offering a counsellor led support group for family members who are affected by a loved one's substance misuse. Through this group, we provide a confidential, safe and non-judgmental environment for people to share their experiences of struggle and hope with others who can relate. Group members will learn new information and strategies for coping and understanding substance use/recovery. Group sessions include such topics as:

- Importance of Self-Care
- Boundary-setting
- Empowering/Supporting vs Enabling
- Guilt, Anger and Resentment
- Addictions Education
- Signs of Recovery
- Strategies for whole family healing and recovery
- Helpful Resources



Generally, this **DROP-IN** group meets the **FIRST** and **THIRD** Tuesday of each month.

For more information, please contact Tracey Shephard at [tracey@sourcesbc.ca](mailto:tracey@sourcesbc.ca) and a link for the TEAMS meetings will be sent after a form has been emailed to you in order to get your consent to attend Microsoft TEAMS Video meetings. You can then either email back: "I consent to attending TEAMS meetings" or email the completed consent form to: [tracey@sourcesbc.ca](mailto:tracey@sourcesbc.ca)

*Microsoft Teams is a workspace for real-time collaboration and communication, meetings, file and app sharing, and even the occasional emoji! All in one place, all in the open, all accessible to everyone.*