

SOURCES FAMILY SUPPORT GROUP (via TEAMS or in-person)

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. It runs from **4:30-6pm**. You have a choice of attending via video (TEAMS) or in person at Sources located at 882 Maple Street in White Rock.

To Register: 604 538 2522 ext 1

For more information, please contact Sources at suservices@sourcesbc.ca