

# When alcohol or drug misuse affects your family: A workshop to build resilience

Are you affected by someone in your family's substance misuse?

Would you like to learn more about addictions and ways to help yourself?

To mark world mental health day a free workshop will help family members explore ways they can build their positive mental health and resilience in the face of the challenging situation addiction and substance misuse causes the family.

**The workshop will explore:**

- What is addiction
- How YOU tend to cope
- A toolkit of self care
- Support available

**This is a FREE workshop available to anyone over the age of 16.**

**Sat. 11th OCT. 2014**      **From 12:30 - 4:30 (with light lunch)**      **Duffern Training Rooms: Downshire Hospital Downpatrick**

**To confirm a place phone the Addiction Unit, Ward 15 (Shimna House) on 028 44 513921, 028 44 51313922 or Ward 15 through 028 44 613311**

**A few hours of your time may make a big difference for you.**