

# When your family member won't stop drinking or taking drugs: a workshop for family members

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

Would you like to learn more about addiction, recovery and ways to help yourself?



As a follow on from a very successful workshop in October, a second workshop is being held to support family with the challenging situation addiction and substance misuse causes the family.

What the workshop will explore:

- When my love one won't stop
- Self-care
- Mindfulness with Frank Liddy

Frank studied mindfulness at the University of Wales and is a qualified integrative humanistic counsellor. Presently Frank teaches mindfulness through the lifelong learning programme at the Queen's University of Belfast and has also successfully delivered experiential and practice-based training programmes to mental health and allied professionals working in psychiatry, nursing, social work and the criminal justice system. He has also trained in Mindfulness Based Relapse Prevention (MBRP) at the Centre for Addiciton Treatment Studies

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

The workshop is free and is available to anyone over 18

Date: Saturday, November 29<sup>th</sup>, 2014

Time: 1:00 pm until 4:00 pm.

Venue: Duffern Training Rooms: Downshire Hospital Downpatrick

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

 South Eastern Health and Social Care Trust

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and you

