

Scottish Families Affected by Drugs aim to support families across Scotland who are affected by drug misuse and raise awareness of issues affecting them.

Call our free and confidential helpline

08080 101011

5pm to 11pm, 7 days a week.

Scottish Families Affected by Drugs

85 Berkeley Street, Glasgow G3 7DX

Telephone: 0141 221 0544 Email: lisa@sfad.org.uk

www.sfad.org.uk

Please return your completed slip to the address below.



Lisa Finlayson
Development Officer, Family Support
Scottish Families Affected by Drugs
85 Berkeley Street
Glasgow
G3 7DX

Starting a family support group



Scottish Families
Affected by Drugs

Drugs have many side effects
Families needn't be one of them



‘Having others to talk to in the same situation has helped me a lot’

Family support group member

‘I’m not sure how I managed before the family support group started... all the folks I have met have helped me to go on’

Family support group member

‘We need to stick together to support each other’

Family support group member

Why should I start a family support group?

Starting a family support group can be a way of sharing your experiences, and supporting one another.

How do I start a family support group?

To get you started you will need...

- A place to hold your meetings i.e. a church hall or community centre
- A small amount of money
- Other people experiencing similar difficulties who want to join
- A commitment to making the group work
- A willingness to help yourself and others

When should I hold family support group meetings?

Family support groups usually meet once a week for 1 to 2 hours.

How much will it cost?

The basic cost for running a family support group is around £20 per week. However there are funding grants available to cover some costs.

For further information about starting a family support group, please complete and return this slip to the address on reverse.



Name

Address

POSTCODE

Telephone/Mobile

Email

Please state your preferred form of contact