

Addictions

Assistance services for family and friends

**Addictions -
To get assistance
services for family and
friends**

Call:
811

**Info-Social Laurentides
Free and confidential
telephone consultation service**

www.santelaurentides.gouv.qc.ca

Direction des programmes
Santé mentale, dépendance
et services psychosociaux généraux adulte
(Mental health, addictions and adult general psychosocial service
programs)

**Addictions
Services for
family and friends**



**For family and friends of people with
addictions to alcohol, drugs or gambling**



ADDICTIONS

Services for family and friends

Target clientele

Services are provided for members of the immediate family (father, mother, sister, brother, spouse, child over the age of 18) or any other person with a significant link to the person with an addiction to alcohol, drugs or gambling.

The participant must not have a drug, drinking or gambling problem when requesting services.



SERVICES OFFERED TO FAMILY AND FRIENDS

Objectives

- ◆ Provide assistance and comfort to the family and friends of a person with an addiction.
- ◆ Increase your understanding of addiction.
- ◆ Increase your understanding of what motivates change.
- ◆ Identify the behaviours and attitudes to avoid with the person with an addiction.
- ◆ Identify supportive and helpful behaviours.
- ◆ Acquire a better ability to communicate.
- ◆ Identify your place in your relationship as a couple or in your family.
- ◆ Identify your needs and improve your wellbeing.
- ◆ Identify a support and mutual assistance network.

Topics covered

1. Addiction issues
2. Values and beliefs about drinking, drug use and gambling
3. Contributing behaviour and attitudes to avoid
4. Supportive behaviours to develop
5. Interpersonal and communication skills
6. Roles and responsibilities
7. Taking care of yourself
8. Social and support network

