

For support in YOUR AREA:

WATERFORD

West Waterford

Contact : 058-48946 or
087-9676439

East Waterford

Contact : 051 338723 or
086 8527173

Cityside

(Ferrybank & Inner City)
Contact : 051 851682 or
086-8561641

Southside

(John's Park, Kilcohan,
Farran Park, Dunmore Rd
Area)
Contact : 087 6394065

Ballybeg, Larchville & Lisduggan

Contact : 051 351100 or 087
2024061

Waterford Sibling & Men's

Contact : 051-312010 or
086-6045805
Email: serfsn@gmail.com

KILKENNY

Kilkenny City & County

Contact : 086 3152246

CARLOW

Askea Parish Centre,

Contact : 085 7872730
www.uarenotalone.org

Tullow & Catchment Area

Contact : 085 1391701

TIPPERARY

Carrick on Suir & Catchment Area

Contact : 051 645775 or 087
9827669

Clonmel & Catchment Area

Contact : 086-8557212

Mid- Tipperary

Contact : 062 62824 or 087
6188075

WEXFORD

Wexford Town

Contact: 053 9155817 /
089 4862738

New Ross and Wexford

Contact: 087 9351754

Enniscorthy & Gorey

Contact : 085 8053978

We Care

We care if you are unhappy

We care if tears you weep

We care if things go wrong with you

We care if you cannot sleep

We care if pain has broken you

We care if life is unfair

Remember you are not alone

We are your friend

.....*We care*

Written by a member of a peer family support group



Recovery for Families Affected by Problem Substance Use

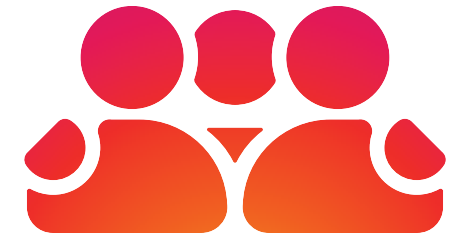
South East Family Support Network

C/o Edmund Rice Y&C Multiplex,
Manor St., Waterford.

Tel: 051 312010 or 086 6045805

Email: info@serfsn.org

www.serfamilysupportnetwork.org



South East
**Family
Support
Network**

Recovery for Families Affected
by Problem Substance Use

**Problem Substance use
affects the whole family.
Support is available**

**PEER FAMILY
SUPPORT GROUPS**

Funded by:



Who We Are

We are a peer led umbrella organisation of peer family support groups. Set up to support the recovery of family members affected by problem substance use of a relative.

What we do

- Provide direct support to individuals & organisations concerned by problem drug or alcohol use.
- Introduction to peer family support.
- Support existing peer family support groups & help set up new groups.
- Provide volunteer support programme.
- Training for family members & services.
- Organise respite programmes.
- Promote the value of peer family support.
- Workshops for family members.
- Represent the collective voice of families for positive change in policy & practice.

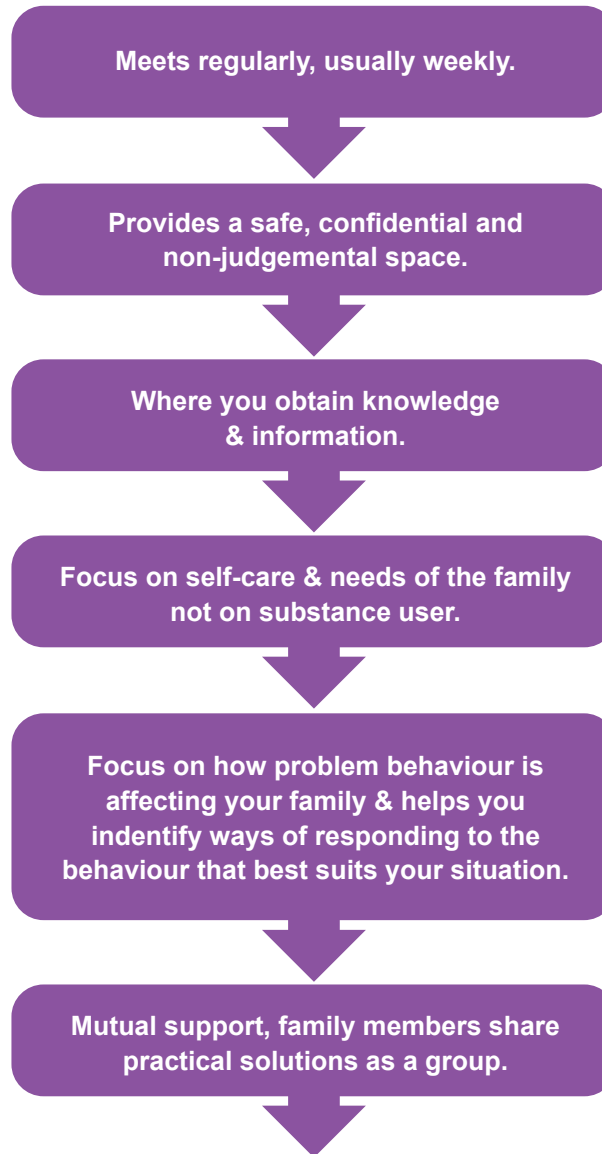
What is Peer Family Support?

Peer family support is where family members affected by problematic drug or alcohol use of a relative come together to share experience, learn practical skills and provide mutual aid and support. Guided by trained peers & professionals.

At a Peer Family Support Group you will:

- Be treated with dignity & respect.
- Befriended and reduce your isolation & stigma.
- Meet with others in similar situations.
- Find mutual support and unity.
- Receive non judgemental information on self-care, drugs, harm reduction, treatment services etc.
- Develop individual confidence in coping in crisis.
- Support for you own recovery.

What Peer Family Support Groups Do



Recovery for the family

Why join a peer family support Group?

Most families dealing with problem substance use are looking for answers. The answers they look for initially relate to their relative- where can she/he go for treatment? In most cases, family members don't realise that they need help for themselves.

Commonly help misconceptions

“substance use in the family only affects the person using, not other family members”

“once I get help for him/her – it will be ok all my problems will end”

Unfortunately we have found that these and similar statements are untrue. We know that problem substance use affects all the family and can affect the financial & emotional well-being of the family.

Support for YOURSELF can help the whole family

“The family support group was a life saver for me and my family, it helped us through very difficult times. As a family we now support each other more and have been able to get on with our lives.”

“I didn't understand or believe I would ever get my life back after years of drugs use in my family, but I feel I am on my own recovery journey.”