



FAMILY SUPPORT GROUP



Are you concerned about a loved one who is
USING ALCOHOL OR SUBSTANCES AS A COPING MECHANISM
and feel like you would benefit from some support?

JOIN US!

WHEN?

Every Monday,
10:30-11:30am

WHERE?

Fire station, Forfar

**SUPPORT IS PROVIDED BY TCA STAFF
AND PEERS, AND COULD HELP YOU WITH:**

- ✓ How to cope with stigma & judgement from others
- ✓ Strategies for supporting your loved one in their recovery
- ✓ Tools for managing your own mental wellbeing

FOR MORE INFO, CONTACT TCA ON: 01241 872989