



You are invited to:

NDHB Community Mental Health & Addictions Service Whanau, Family, Friends, Support & Education Group

Who is it for...?

Family, whanau, friends who have a loved one with has a problem with substance abuse/dependence with or without a co-existing mental health issue.

When...?

4pm to 5.30 pm Monday (starting September 10th)

The Venue...?

Group Room (Kai Papahu)
Alcohol & Drug Service 5 Three Mile Bush Road
Kamo, Whangarei

What can I expect...?

We are offering an open group. People can start and join at any point.

Each session provides the opportunity for participants to share their experiences and hear other's stories.

The sessions are also structured to provide education/information and will also involve guest speakers to answer questions or concerns participants may have.

Previous participants' feedback has been positive with people saying that they feel heartened to realise they are not alone, that things can get better and that it is ok to think about self care.

Tea & Coffee Provided

There is no cost.

Remember! Any person who has family, whanau, or a friend dealing with an addiction with or without a mental health component is welcome to join the group.

I want to come what do I do?

You can contact us directly by ringing the number below.

You may be referred, (with your consent) by a GP or other agency.

This referral will not require a formal assessment.

One of the facilitators will phone and talk to you prior to joining the group to see if there is any other issues requiring support.

If you want more information from us or advice on how to approach family members with your concerns please call the facilitators

Alex Jones

Steve Staunton

(09) 470 2706