

Training and  
Development

## CALM-US Course

Concerned About a Loved one's MisUse of Substances (Drink/Drugs)  
(8 week course)

### Who is the course for?

Anyone affected by a loved one's addiction to alcohol and/or drugs..

**Time:**  
7.00pm  
to  
8.30pm

**Date:**  
Wednesday  
28th February

through to

Wednesday  
18th April  
2018

### Aims of course:

- To develop new skills to communicate with your loved ones
- To have identified ways in which you can look after your own emotional wellbeing
- To learn how to not feel responsible for your loved one's use of substances
- To explore the effect of stigma on you and your family
- To meet other people who are struggling with the same difficulties as you
- To learn new coping strategies to help you detach with love from your loved one's behaviours
- To explore boundary making
- To explore the concepts of co-dependency and enabling behaviours
- To be familiar with referral routes for treatment and support in the local community for yourselves and your loved ones

### Trainer:

Vicky Abadi

Families and Addiction Coordinator at The Counselling & Family Centre with 20 years experience of working with addictions. MBACP counsellor, qualified for 18 years..

**Location:**  
The Counselling  
and Family Centre  
40 Mayors Road  
Altrincham  
WA15 9RP

### Cost:

£10  
(free MTB)

To book a place on the course please call: 0161 941 7754

*Any payment is due at the time of booking, and is non-refundable.*

*Cheque: please make payable to The Counselling & Family Centre. Card: call 0161 941 7754 to make payment.*

*BACS payment - Sort Code: 400822. Account No: 61715429.*