

Recovering Families UK (RFUK) Online Programme

Supporting adult family members affected by someone else's addiction

This FREE online programme aims to help family members aged 18 yrs and over;

- ▶ Better understand addiction
- ▶ Identify and improve coping strategies
- ▶ Improve their own self-care and wellbeing
- ▶ Connect with others who have shared experiences of family addiction.

You will receive:

- ▶ 6 x one to one sessions
- ▶ 14 group sessions
- ▶ All delivered online



If you are interested in knowing more,
please contact:

Clare Collins,
Recovering Families Coordinator:
clare.collins@forwardtrust.org.uk

You can also complete
a referral form [here](#).
Please scan the QR code:



forward

www.forwardtrust.org.uk

