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*A non-judgemental, safe and secure environment. Someone may just offer a piece of advice or knowledge that helps you turn a corner and see some light at the end of the tunnel.*

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## What else?

We often invite guest speakers from external agencies such as **Citizens Advice Bureau (CAB), Carers MK, Public Health MK, Homelessness Prevention Team etc.**

## What we do...

We offer a safe, **100% confidential, non-judgemental and supportive environment** for you to meet others in a similar situation. We run FREE local fortnightly face to face evening meetings. We also offer individual 1:1 sessions on Zoom or Whatsapp for those who are out of area, have childcare issues or who may work shifts. We have extended our support further with a regular daytime meeting and also have a monthly Zoom group for siblings, as we recognise that their emotions are very different.

*"Come along to group and they will help you build your **strength**. Take it in your own time, only you will know the right time to open up. But rest assured when you are ready, these lovely people will be there to hold you up."*

## CONTACT US

Call us:

Val or Lynn on:

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Email:

**dafsmailbox@communityled.org.uk**

Facebook:

[www.facebook.com/groups/MKFamilySupportGroup](https://www.facebook.com/groups/MKFamilySupportGroup)

[www.communityled.org.uk](http://www.communityled.org.uk)

# DAFS

**DRUGS & ALCOHOL FAMILY SUPPORT**

*in partnership with*

# SAMAS

**SUPPORT, ADVICE, MENTORING  
AND ADVOCACY SERVICE**

# Who are DAFS?

This is a caring group created for parents and family members of loved ones suffering from active addiction.

The group is run by volunteers, all of whom have lived experiences of dealing with an addicted loved one. We all have the passion to help others going through similar circumstances.

# A message from us...

You have taken the first brave step towards seeking help. We fully appreciate how hard it is to make that first contact.. Welcome to our support group DAFS.



# When do we meet?

## Groups & Activities

**MON** - monthly Sibling Zoom session

**TUES** - fortnightly face:face group (MK)

**WEDS** - fortnightly 1:1 Zoom sessions

**WEDS** - monthly face:face group (Bed)

**FRI** - fortnightly drop-in sessions

*We do request that families pre-book for sessions and activities*

We also try to organise an occasional walk/picnic/other events where we can all relax and enjoy some downtime together as a group

## Our Group

This is a chance to share experiences/fears/hope with others who are going through the same trauma. We encourage kindness, empathy, honesty, respect and above all, trust.

Anonymity and confidentiality are key requirements for the group, to protect all attendees. **We want you to feel a part of a group who 'gets it'** and to not feel alone.

# We understand...

Addiction does not discriminate between age, gender, religious belief, class, background or race. It is everywhere and sadly touches all kinds of people.

It is not just the addict who suffers, the ripple effect it has on families/friends/colleagues can be huge. It is important to learn and accept that it is not our fault.



This is not a fix-it group. However, we do aim to help family members realise that they **didn't CAUSE** the addiction, they **cannot CONTROL** it and sadly they **cannot CURE it**.