

SMART Family & Friends meetings for people affected by the addictive behaviour of a loved one

Being in a close relationship with someone struggling with an addiction can be a frustrating, painful and sometimes lonely journey, in which it is easy to lose one's bearings.

The **SMART Family & Friends** programme invites participants to spend time concentrating on themselves and their goals, an area they may have been neglecting for some time. This includes looking at some of their habitual responses to their loved one and exploring whether these are helpful or not.

Meetings are weekly and ongoing and take place on Tuesdays. They alternate between evenings one week from 6pm to 8pm and afternoons the next from 2pm to 4pm.

Afternoon Meetings 2pm – 4pm	Evening Meetings 6pm – 8pm
Tuesday 18 th September	Tuesday 25 th September
Tuesday 2 nd October	Tuesday 9 th October
Tuesday 16 th October	Tuesday 23 rd October
Tuesday 30 th October	Tuesday 6 th November
Tuesday 13 th November	Tuesday 20 th November
Tuesday 27 th November	Tuesday 4 th December

For further information please contact Family Support – Addictions on 0131 622 6666 or Email: fsa@vocal.org.uk

**Venue: Edinburgh Carers' Hub
60 Leith Walk, Edinburgh, EH6 5HB**