

Family Support Service

Acorn and Emerging Futures are delighted to relaunch their Manchester Family Support Service, which was paused due to the coronavirus pandemic.



EMERGINGFUTURES

creating opportunities for change

www.emergingfutures.org.uk



**Change
Grow
Live**

All of our groups are delivered by highly trained and knowledgeable family coaches, who also have lived experience and understand what it's like to have a family member or friend who is struggling with drugs or alcohol.

We offer a variety of face-to-face and online support groups from CGL Manchester bases and the Arc, all of which are fully confidential.

Face-to-Face Family Support Groups

Monday - 2:15pm to 3:45pm - CGL Bradnor Point, Wythenshawe, M22 4TF

Thursday - 12:30pm to 3pm - CGL Phoenix Mill, Piercy St, Ancoats M4 7HY

Friday - 1pm to 3pm - The Arc, Roberts St, Ancoats M3 1EX

Friday - 2pm to 3.30pm - CGL Zion Centre, 339 Stretford Rd, Hulme, M15 4ZY

Online Family Support Groups via Zoom

Tuesday - 6pm to 7:30pm - Acorn Family Ramp (Educational Session and Information Group)

Covers topics such as: addiction awareness, cycle of change, fear, chaotic thinking, enabling, attitudes and motivation.

Wednesday - 7pm - 8:30pm - Relaxed Chat, Advice and Support Group

Other Support

One-to-one private support sessions by appointment

Telephone support

Free counselling service

For more info:

EMERGINGFUTURES

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Family Coach

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FAMILY RAMP SUPPORT

Education, support and advice for families living with addiction

EVERY TUESDAY EVENING

6pm till 7:30pm

Via Zoom

SUBJECTS COVERED

Week 1, Addiction Awareness

Week 2. Cycle of Change

Week 3. Fear

Week 4. Chaotic Thinking

Week 5. Enabling

Week 6. Co-Dependency

Week 7. Guilt and Shame

Week 8. Attitudes

Week 9. Assertiveness

Week 10. Motivation.

On going support every Wednesday Evening 7pm via Zoom.

We are pleased to announce free private counselling sessions if required.

CONTACT

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