



Support 4 Change



Doncaster Drug & Alcohol Services
Rosslyn House 37-41 Thorne Road
Doncaster DN1 2EZ

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www.aspire.community

Registered Charity: 1166253

A group for anyone affected by someone else's drinking or substance use.

Is someone in your family drinking too much, or using other substances?

Wondering what you can do

- To help them?
- To help other members of your family?
- To help you?



The Alcohol & Drug Service

Rotherham Doncaster and South Humber 
NHS Foundation Trust



Alcohol and other substances can affect the whole family, not just the user. The support of family members can be crucial in bringing about change.

Want to find out more?

Support 4 Change – is a group where people can gain knowledge and skills; build mutual trust, and share new ideas and experiences.

Group members can find:

- Information: What factors bring about problems with alcohol and drugs, and how family members can have a positive influence whilst supporting themselves.
- Support: You are not alone
- Safe place: To share your experiences and feelings.
- Relaxation: Complementary Therapies, Meditation, Creative Visualisation
- Social Time: Planned outings & activities decided by the group

- Skills development: Enabling group members to deal with life's issues.
- Guest Speakers: On topics of interest and benefit
- Personal Development: Empowering individuals to live a more satisfying lifestyle.

How often does the group meet and when can I join?

The group meets for two hours each week on Monday evenings between 6.15 – 8.15pm. The group is open to those over 18 years of age. Groups are held at No. 41, Rosslyn House, Thorne Road (the entrance on Christchurch Road is clearly signed).

You can join any week but if you would like to speak with someone before attending give us a call on 01302 730956, and ask to speak to a member of the Support 4 Change team.

INTERESTED? CALL ON 01302 730956, AND ASK TO SPEAK TO A MEMBER OF THE SUPPORT4 CHANGE TEAM