

FAMILY AND CARER SUPPORT



Families and carers play an important role in helping their loved ones in their recovery from drugs and alcohol.

However, they are often the unheard and unseen victims. They may struggle to get the support they need and can be left feeling worried, frustrated and alone.

We're providing a new service for residents of the London Borough of Sutton, offering care and support to families and carers of those who are experiencing difficulties with substance misuse. Our holistic services include:

- Peer support group:** Fridays 6.30pm - 8pm
- Psychoeducation sessions:** Tuesdays 5.30pm - 6.30pm
- Arts psychotherapy group:** Thursdays 6pm - 7.30pm
- One to one counselling**
- Drop in advice and information**
- Support and advocacy**
- Family events**
- Relaxation sessions**

By seeking help and support for yourself and your family, you will be able to support your loved ones better.



Inspire Partnership

Orion House, 19 Cedar Road, Sutton SM2 5JG
and 35 Manor Road, Wallington SM6 0BW

For more information, contact Simona on 020 8773 9393,
spretara@inspirepartnership.org.uk or referrals@inspirepartnership.org.uk