

# Family Services



**A**FM strives to meet the needs of family and friends of persons who are struggling with alcohol, drugs or gambling. Through education, counselling and therapy services, individuals, couples and families are offered opportunities to:

- improve the quality of their lives
- explore the effects of addiction on themselves
- make personal changes and healthy choices for their own lives.

## Family Information Sessions

- These groups are free, open to all and completely confidential.
- No pre-registration is required.
- There is no obligation to attend any further sessions.

A counsellor will talk about the addictive process and how family members react to addiction. Information will be provided about services for families. Questions are encouraged.

## Initial Consultation Sessions for Individuals, Couples or Families

At a confidential consultation session:

- clients will have an opportunity to talk about their lives and to explore possibilities for change
- a counsellor will help clients to gain insight into their situation
- clients are able to make an informed decision about participating in one of AFM's ongoing programs for family members.

## Family Awareness Program

Those who live with a dependent person often become so involved in the day-to-day survival they don't question the way they are living. The Family Awareness Program provides the opportunity to begin to examine the nature of addiction and the impact it has had on both themselves and their families.

At the Family Awareness Program, clients can:

- express feelings and experiences openly and honestly
- share in the experiences of others
- draw strength and support from the group
- lay a foundation of understanding based on education and honesty
- become aware of the things that can be changed and create a framework for better living.

Pre-registration is required for the Family Awareness Program, and attendance at a Family Information Session is a pre-requisite in Brandon or Winnipeg. In Dauphin, check with the local office for more specific information.

## Family Recovery Program

In this therapy group, clients will:

- have a safe place to explore and challenge beliefs and behaviours developed as a result of living with addiction
- recognize the pain is real, but so is their ability to thrive
- learn about their own needs and how to meet them
- learn they are not alone through the sharing of life stories

### Family Services Programs

The programs listed on this sheet are available either by appointment or for scheduled sessions.

For information, contact the numbers below, or call your local AFM office.

(Area Code 204)

#### Christie House

586 River Ave.  
Winnipeg, MB  
944-6229

#### Parkwood Treatment Centre

510 Frederick Street  
Brandon, MB  
729-3838

### AFM Regional Offices

#### Winnipeg Region

944-6200  
Toll-free:  
1-866-638-2561

#### Western Region

729-3838  
Toll-free:  
1-866-767-3838

#### Northern Region

677-7300  
Toll-free  
1-866-291-7774

### Local Office

# Family Services



## Individual, Couple and Family Counselling

Those affected by addiction often feel isolated and unsure of how to deal with the problem. The truth is that people are not responsible for someone else's choices or behaviour. Talking about things with a counsellor can:

- help to make sense of what often seems like an overwhelming situation
- help the family to work towards making healthy changes.

Those who would like to reach a counsellor in their area can call the local AFM offices listed on the front.

## Specific Services for Partners and Families of Gamblers

For those people affected by someone else's gambling, the crisis is often related to a financial problem that reveals the hidden secret of excessive gambling. For these families, it is important to:

- have a safe place to talk about how they are impacted by the secrets and the gambling, whether or not the person who gambles is seeking treatment
- obtain information about gambling and addiction to help them make good decisions and move through the crisis
- do some planning for their own financial and emotional safety.

Once the crisis is over and financial/emotional safety is in place, families of gamblers will need to look at the behavioural patterns connected to addiction to learn how to live with it. This can be accomplished by taking part in other programs offered through AFM.

## Intervention Consultation

A person or family may arrive at the point in their own growth where they want to address the person in their life who has the addiction in a new or more constructive manner. However, they may be afraid of saying or doing something wrong, and they may be concerned about how this person might react.

The counsellors at Christie House in Winnipeg are available for consultation on possible ways to approach this person and communicate with them.

## Marriage & Family Therapy

At Christie House in Winnipeg, Marriage and Family Therapy is offered for couples and families who have used AFM services.

Couples working through recovery often begin to realize they have issues that go beyond the addiction itself. Most commonly, these include:

- trust
- communication
- intimacy
- parenting
- finances.

Parents, including single parents, often seek advice on how to bring recovery into the family, improve their parenting skills and prevent addiction in children.

The goal in Family Therapy is to work towards providing a loving and nurturing environment for all family members.

## ReParenting Program

The ReParenting Program is for adults who grew up in families with addiction or other painful issues. It provides clients with:

- a safe place to explore the emotional residues of childhood
- an opportunity to learn how to love and appreciate themselves today
- a chance to experience a connection to their own emotions
- a chance to feel connected to others, including their partners and children.

For information on eligibility for the ReParenting Program, see the contact information on the front. This program is only available in Brandon.