



DAFS

DRUG &
ALCOHOL
FAMILY
SUPPORT

EMPATHY HAS NO SCRIPT,
THERE IS NO RIGHT WAY
OR WRONG WAY TO DO IT.
IT'S SIMPLY LISTENING,
HOLDING SPACE,
WITHHOLDING JUDGEMENT,
EMOTIONALLY CONNECTING
& COMMUNICATING THAT
INCREDIBLY HEALING
MESSAGE:
"YOU ARE NOT ALONE"

Who are DAFS?

DAFS (Drug & Alcohol Family Support) are a grass roots voluntary service who focus on supporting and empowering families of addicted loved ones, without judgement or exclusion.

We offer:

- a SAFE SPACE to come together & share our lived experiences
- a fully confidential service
- compassion & understanding

We also aim to raise awareness of addiction in our communities & work to reduce stigma.

WE SUPPORT STRUGGLING FAMILIES

We motivate families to start to live their lives again & to practise self-care. We encourage them to laugh & to have HOPE for the future, no matter what choices their loved ones make.

To find out more please contact Lynn or Val:

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Join us on our private Facebook page!
www.facebook.com/groups/MKFamilySupportGroup

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