

One Day Workshop for Concerned Persons

This day is open to anyone whose life is affected by the drinking, drug use, gambling or compulsive behaviours of a family member or friend.

At the end of the day participants will have:

- A better knowledge of the illness of addiction.
- More understanding of how they themselves have been affected by the addiction and of how they can cope with it.
- An insight into the 12 Step Programme and how Al-Anon and other support groups can help them.

The workshop, which we run on a Saturday approximately every 6/7 weeks, takes place here in The Rutland Centre. Registration commences at 9.45am and the day will run from 10.00am to 4.30pm. There is no charge for concerned persons of current clients; otherwise the fee for the workshop is €60. We would encourage you to reserve a place by leaving your name at reception.

Tea and coffee will be provided but lunch is not included. Participants may bring a packed lunch or purchase lunch locally.

Our next workshop will take place on
Saturday, 13th February 2016

Participants will also have the option of joining a group which will meet once a week at The Rutland Centre on either Tues, Weds and Thurs evenings. The hope is that group members will:

- Learn new strategies for coping with the problems caused by addiction that will help them find a better quality of life.
- Identify with their peers in group and benefit from interaction with them.

Our hope is that people will enjoy an improved level of self-esteem; that they will begin to find a better sense of physical well being; that they will experience an improvement in social functioning; and that they will understand addiction as a family issue.

To reserve a place at the Concerned Persons Workshop, please complete and return this form by Monday 8th Feb 2016 to Rutland Centre, Knocklyon Rd, Templeogue, Dublin 16, or e-mail info@rutlandcentre.ie (Please note places are limited and often book out early)



Registration Form
CP WORKSHOP – Saturday 13th February 2016

Your Name: Relationship to Client (if applicable).....
Address: Client Name:
.....
Daytime Tel No: