



Greater Awareness and Support for People Encountering Drugs

## Wakefield Parent, Family and Carer Group



Greater Awareness and Support for People Encountering Drugs

All meetings are held on a  
Tuesday, fortnightly

12.30pm—2.30pm

12th January	28th June
26th January	12th July
9th February	26th July
23th February	9th August
8th March	23th August
22nd March	6th September
5th April	20th September
19th April	4th October
3rd May	18th October
17th May	1st November
31st May	15th November
14th June	29th November
	13th December



For further information please contact:


Head Office	Tel 01924 787 501
Wakefield Resource Centre	24HR HELPLINE
5-5a Cheapside	08451460002
Wakefield	resourcecentre@gasped.co.uk

Web: [www.gasped.org.uk](http://www.gasped.org.uk)

## Wakefield Support Group 2016

Held at:  
GASPED  
5a Cheapside, Wakefield  
West Yorkshire

## You don't have to cope alone . . .

 GASPED offers information, advice, help and support for the parents, partners, families and carers who care for or who are affected by a loved one using drugs./ alcohol.

Our network of community-based parent, family and carer groups are led by specially trained parent/carer volunteers, some of who all have personal experience of living and coping with a drug / alcohol dependant person.

Everyone who attends a GASPED group meeting understands what it is like to support a drug user in the family. Members come together to talk, listen, learn, share experiences and give support to one another.

The meetings are confidential and you can be sure of a non-judgemental, warm and friendly atmosphere, where you will be made to feel welcome.

If you would like to be met outside the venue, please contact us prior to the meeting.

As well as support and information, you also have the opportunity to take part in drug awareness sessions, meet and ask questions of specialist speakers and to participate in other social and training events.

**Help us, to help you, to help them**

All clients are made aware of GASPED's Confidentiality Policy. This policy is enforced throughout our parent/carer services and group network.

## What people say about our Parent, Family and Carer Service/Groups

The comments below are from people who attend our services/support group meetings;

- Since coming to the support group I have felt so much better
- Meeting other people with the same family problems helps enormously
- The support group has meant a lot to my wife and I as we have kept our problems to ourselves for so long
- We have been able to share our troubles with people in the same predicament as us
- Somewhere to come where I can open my heart and say it like it is
- It gives me the strength to carry on
- Realising we are not alone, other parents are just like us
- I come away feeling I am not alone and somehow stronger to enable me to cope
- I'm among friends who care and know what you are going through
- Life was not worth living until I joined a support group. It was then that I realised that I wasn't alone



**Helpline**  
**0845 146 0002**

## Other GASPED services include:

- Helpline
- Drop-in sessions
- Counselling - Individual, couple, family and bereavement
- One to one information sessions
- Monthly creative workshops
- Respite/Social events
- Complimentary therapies
- Database of drug related services
- Library of books and videos
- Training
- Quarterly newsletter
- Community based Family and Carer Support Groups in:

⇒ Wakefield (Daytime)

⇒ Wakefield Evening

⇒ Grandparents Group

⇒ Castleford

⇒ South Kirkby

*HELP US  
TO HELP YOU  
TO HELP THEM*