



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

- | | |
|---------------|----------------|
| 10th January | 27th June |
| 24th January | 11th July |
| 7th February | 25th July |
| 21st February | 8th August |
| 7th March | 22nd August |
| 21st March | 5th September |
| 4th April | 19th September |
| 18th April | 3rd October |
| 2nd May | 17th October |
| 16th May | 31st October |
| 30th May | 14th November |
| 13th June | 28th November |
| | 12th December |


For further information please contact:

	Tel 01924 787 501
Head Office	24HR HELPLINE
Wakefield Resource Centre	08451460002
5-5a Cheapside	resourcecentre@gasped.co.uk
Wakefield	Charity number—1072174
	CLBG Number 03580793
Web: www.gasped.org.uk	

Wakefield Support Group 2017

Held at:
GASPED
5a Cheapside, Wakefield, WF1SD
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.

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

The comments below are from people who attend our services/support group meet-

- 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

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
- Community Rehab Programme
- Training
- Quarterly newsletter
- Community based Family and Carer Support Groups in:

⇒ Wakefield (Daytime)

⇒ Castleford

⇒ South Kirkby

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

*HELP US
TO HELP YOU
TO HELP THEM*