



## Family Day for Addiction Patients

### What is the importance of Family Day?

Addiction is often said to be a family disease, as it affects not only the person with the problem, it also can overturn the emotions and lives of those close by. Those nearest to the sufferer often blame themselves, going through a range of emotions from despair, depression and guilt to anger and frustration, leaving them exhausted and having difficulty coping, as well as feeling powerless in how to deal with the situation. The other person's illness can sometimes consume them and make them less able in dealing with their own problems and lives, as they focus on the addict.

### What does Family Day consist of?

Family Day is led by a therapist experienced in addictions. It consists of 2 groups. One group is for family and partners only. It will offer them education in not only how to deal with the addicted person, but also how to safeguard themselves in this difficult situation. This can allow you to help your loved one in a healthy way while still being able to lead your own life. The other group is to bring together the families and partners and the addicted person. It gives the addicted person the opportunity to learn how their addiction has affected family members and partners. It gives a forum for them both to express their thoughts and feelings.

### Why is Family Day encouraged?

Research has shown that the involvement of families in the treatment process greatly increases the prospects of a person's recovery.

### How much does Family Day cost?

Monthly Family Day is free of charge as it is part of addiction treatment package.

### What is the schedule for Family Day?

Time	Activity	Description
9.30am - 10.00am	Tea/Coffee	
10.0am - 11.30am	Lecture	How have you been affected by another's Addiction? How can the family help? Accountability & Boundaries. (Family & Partners only)
11.30am - 11.45am	Tea/Coffee	
11.45am - 1.00pm	Lecture	Addiction as a Family Illness. Family Roles in Addiction. How to Avoid Enabling. (For Families and Addicted Persons)

*\*There is the opportunity to take lunch in the Nightingale Hospital restaurant should you want to take advantage of this.*

The next **Family Day** for **addiction patients** are taking place from **9.30 am to 1.00 pm** on  
**Sunday 21st October**  
**Sunday 25th November**  
**Sunday 16th December**  
**Sunday 20th January**

To attend the Family Day, please send an email with your name, contact details and attendance date to [maria.garcia@nightingalehospital.co.uk](mailto:maria.garcia@nightingalehospital.co.uk)