



'Finding Ways to Better Support'

Mission Statement

*Cork Family Support Network is a body of self-help locally based Family Support Groups. **Individually** these groups provide supports for families who are affected by drug / alcohol misuse. **Our aim** is to bring these groups together in a welcoming non-judgemental atmosphere, with a united purpose, to network and raise awareness of families' common concerns.*

The Cork Family Support Network aims to:

- ◇ Support Family Support Groups & their members
- ◇ Raise Awareness
- ◇ Reduce Stigma / Fear / Shame
- ◇ Provide Information
- ◇ Campaign: On Family Issues & for Better Services
- ◇ Share Resources
- ◇ Network Locally & Nationally

Weekly Family Support Groups meetings & schedule - see inside for times, venues & contact numbers

Mon: Nar Anon, Tabor Lodge (4 Wk)
Tue: Mahon FSG, MTS Fathers Group,
Wed: Al Anon FG, Bridge Recovery Group, Mayfield FSG
Fri: MTAS Mothers Group,
Sat: ACoA & Nar Anon

One to One Family Support

is also provided by:

- ◇ CLDATF Projects, Tel. 021 493 0100 & overleaf for details
- ◇ Arbour House, St Finbarr's Hospital Tel. 021 496 8933
- ◇ Cork Counselling Services, Heron House Tel. 021 492 8300
- ◇ U-Clinic Addiction Counselling. Together-Razem Centre Various Family Support Programmes / Interventions in Polish Tel. 021 4967743 or 089 4998610.

Family Support through Cork City Partnership's Community Outreach Drug Awareness Project

- ◇ The '5-Step' Method Programme is a one to one intervention for family members based on the 'Stress, Strain, Coping, Support' model. The family member explores their experiences with a support worker based on five steps delivered over 5 meetings or less. CODAP staff (see below) can provide the 5 Steps or put you in touch with one of the trained panel who deliver 5 Step in Cork.
- ◇ 10 Week Family/Concerned Person Support Programme is a training / up-skilling programme for those affected by a loved ones substance misuse. Topics covered include: Use/ Misuse/ Addiction, Breaking Isolation, Enabling, Communication, Roles children play in families in addiction, Grief & loss, What to do if..... & Supporting yourself in your choices.
- ◇ To access a 5-Step' Method Programme or a 10 Week Family/Concerned Persons Support Programme or for further information on Cork Family Support Network & local family support please contact:

Mella on 087 1962022 or on Jackie 087 1962030, email: mmagee@partnershipcork.ie/jdaly@partnershipcork.ie
Community Outreach Drug Awareness Project
Cork City Partnership, Tel: 021-4302310

Cork Family Support Network is supported by
Cork City Partnership and is affiliated to
The National Family Support Network



Supporting Families Dealing With Drug & Alcohol Misuse

*See inside for details of all
Family Support Groups in Cork*

Finding Ways to
Better Support

FAMILY SUPPORT GROUPS

WHO ARE WE ?

Family Support Groups provide support and information for families affected by drugs & alcohol. By sharing our experiences we aim to support each other through difficult times. All meetings are confidential.



New members are always welcome

ACoA (Adult Children of Alcoholics & Dysfunctional Families)

Venue: Dominican Centre, Popes Quay, Cork.
Meeting Time: **Saturday** 3 – 4.30pm
Contact: Centre Office Tel: 021 450 2267
Email: acoacork@gmail.com

Al-Anon Family Groups

Venue: Monthly Information Meeting Dominican Centre, Popes Quay, Cork
Meeting Time: **Information Meeting 1st Wednesday each month** 8.30-9.30pm
Contact: Answering Service
Tel: 021 431 1899 or see www.al-anon.ie

Bridge Recovery Parents / Concerned Persons Support Group

Venue: South Parish Community Centre, 21a Sawmill Street, Cork
Meeting Time: **Wednesday: 7.30 – 9.30pm**
Contact: Sharon O'Connell
Tel: 021 4313411

Cork Family

Mahon Family Addiction Support Group

Venue: Mahon Family Resource Centre, Mahon Drive, Mahon, Cork.
Meeting Time: **Tuesday 10am -12 noon**
Contact: Margaret O'Connor Tel: 021 4358866

Matt Talbot Services Father's Group

Venue: Matt Talbot Services, Rockview, Trabeg Lawn, Douglas, Cork
Meeting Time: **Tuesday 6 - 8.00pm**
Contact: Patrick Cooney Tel: 021 489 6400

Matt Talbot Services Mother's Group

Meeting Location: Matt Talbot Services, Rockview, Trabeg Lawn, Douglas, Cork
Meeting Time: **Friday 10am – 12 noon**
Contact: Tara Morrissey Tel: 021 4896400

Mayfield Family Support Group

Venue: Kerrigan Tyrell Youth Centre, Mayfield Cork
Meeting Time: **Wednesday 11am -1pm**
Contact: Deirdre Dennigan Tel: 086 8523077 or Martina O'Keefe Tel: 086 3682061

Nar Anon

Venue: St Columbanus Church, Douglas, Cork.
Meeting Time: **Monday, 8.30– 9.30 /10pm**
Venue: Dominican Centre, Popes Quay, Cork
Saturday 11.30am – 12.30pm
Contact: Tel: 086 1755 122

Parents Aware Ballincollig (PAB) Family Support Group

Not in operation at the moment—to access family support phone CLDATF project worker,
Contact: Clare McCarthy 087 2844426

Support Groups

Contact: Trish Tel: 0857132155 or FRC Ballincollig Tel: 021 4876295

St. Nicholas' Trust (for Families of Prisoners)

Venue: St. Nicholas Church Cove St. Cork
One to One / Outreach Support, Meetings & Information on request.
Contact: Tel: 086 1768266 / 086 1768267

Tabor Lodge Family Support Groups

Structured Family Programmes (4 & 12 wks)
Venue: (4 wk Programme) La Verna Hall, Grattan St. Cork.
Meeting Time: **Monday 7– 9pm**
Contact: Brian Duncan Tel: 021 4887110.

'The Hut' Family Support Group

Not in operation at the moment—to access family support phone CLDATF project worker,
Contact: Teresa Spillane Tel: 087 0568255

Polish Sobriety Club "Pomost"

A Self-help Polish group for both addicts and their families.
Venue: 14 George's Quay, Cork.
Contact: 089 4146337
Email: klub.pomost@gmail.com

Cork Local Drugs & Alcohol Task Force (CLDATF)

Community Based Projects across Cork provide one to one family support & / or a group & / or referral to local family supports.
Contact: CLDATF (Kinvara House) 021-4930100 for project numbers / contacts, locations & further information or see www.CORKDRUGSANDALCOHOL.IE