

Are you affected by a loved one's drug or alcohol misuse?

Would you like to participate in an online, evidence based family support group programme?

The '5 Step Method' family support programme will be delivered this November via Zoom by Cork City Partnership.

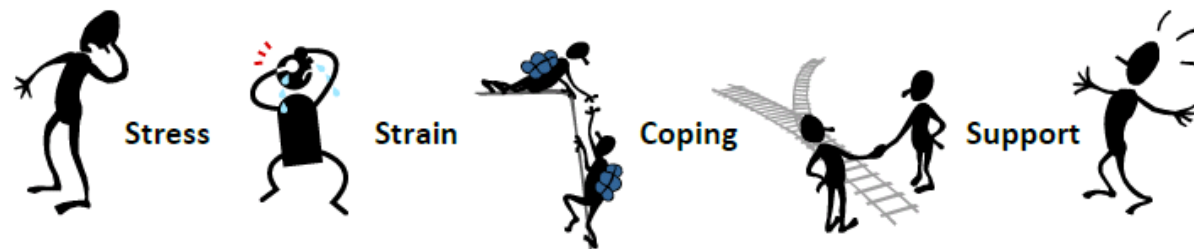
**To participate just call below to register and attend online from 10am to 12noon for 5 Thursdays:
5th, 12, 19th & 26th November and 3rd December.**

For more information on the programme or to register to participate contact:

Mella Magee, mobile 087 196 2022, or email mmagee@partnershipcork.ie

See [www.corkcitypartnership.ie/ what we do/ CODAAP / Education & Training / 5 Step](http://www.corkcitypartnership.ie/what-we-do/CODAAP/Education%20&%20Training/5-Step)

Confidentiality is maintained within the group and there is no cost to attending.



The 5 Step programme supports family members using the evidence based '*stress, train, coping, support*' 5 Step model.