

# Is someone you care about struggling with substance use?



Rideauwood Addiction and Family Services & Families for Addiction Recovery (FAR) have partnered to provide an in-person, drop-in SMART Group for Family & Friends who support their loved ones experiencing problematic use/addictions to substances/problem gambling, gaming & tech use.



Develop coping strategies for difficult emotions and communication.



Create an environment that supports positive change.



Connect with other parents facing similar challenges.



Care for yourself while supporting someone you love.



Education and counselling provided by Rideauwood



Peer support provided by Families for Addiction Recovery (FAR)



**Drop-In Program**  
**All Are Welcome**



**Rideauwood Addiction**  
**and Family Services**

312 Parkdale Avenue



**6:00pm - 7:30pm**

September 9, 23  
October 14, 28  
November 25  
December 9