

LET US KNOW WHAT YOU THINK

To improve our services we welcome and encourage feedback to continuously enhance the quality of the services that we provide.

We hope that you are happy with our services. However, if you are not, or you feel that we could do something better (or differently) please let us know.



OUR MISSION STATEMENT

To reduce, treat and prevent the harm caused by alcohol and drugs to individuals, their families and the community.

Contact Us At:

For More Information Please Contact:

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Wales Drug and Alcohol Helpline
Llinell Cymorth Cymru ar Gyffuriau
ac Alcohol
Free and Confidential Helpline

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Welsh Centre for Action on Dependency and Addiction

WCADA

Canolfan Gymraeg am Weithredu ar Ddibyniaeth



Inspiring Change  Achieving Potential



Alcohol and Drug Awareness Programme

www.wcada.org

Leaflet Number 14

WHO WE ARE?

The Welsh Centre for Action on Dependency and Addiction is a registered charity and limited company. It was founded in 1979 and operates across Swansea, Neath Port Talbot and Bridgend.

Over the years we have grown into a large organisation and this is mainly due to successfully supporting and treating so many people effected by alcohol and/or drug misuse. The Awareness Group is available for individuals aged 18 years plus.



All staff here at WCADA have considerable experience and training in the treatment of substance misuse and we are committed to providing a confidential service in a friendly, professional and non-judgemental atmosphere.

WHAT IS THE ALCOHOL AND DRUG AWARENESS GROUP?

This 11 week programme provides insight into the issues relating to alcohol and/or drug use. It helps individuals understand the nature of the problem, and so make informed choices about what direction they want their lives to take.

The hour long sessions are informal and delivered by friendly and knowledgeable staff. Visual aids and DVDs are used covering various topics relating to substance use.

A one-to-one session is allocated to each member during the programme, and on completion of the 11 sessions a further one-to-one is provided to discuss opportunities for ongoing treatment if the service user so wishes.

WHAT IT IS NOT

The Awareness group is not a group forum where service users are expected to share their story/issues in front of other members.

However, our staff are on hand throughout the programme to support service users on a one-to-one basis with any issues that may arise during treatment.

FROM PREVIOUS MEMBERS

“Very easy to follow and understand”

“Gave me a better understanding of how the addiction works”

“I am now able to identify the highs and lows of drink and drug abuse and I am also aware of the risks and damages of persistent abuse”

“Staff were very approachable and made me feel at ease”

“Gave me confidence to believe in myself”

FURTHER INFORMATION

The WCADA Awareness Group:
Open to any religion, gender, ethnicity and culture

Meet people facing similar difficulties.

It is a safe, non-judgemental, confidential environment

OUR SERVICE IS COMPLETELY

FREE OF CHARGE

What have you got to lose?