

# Supporting individuals & their families

We offer support to anyone in West Dunbartonshire over the age of 18yrs who is affected by someone else's drug and alcohol use.

This could be a direct family member, a friend or a colleague.



## About us

Established in 1995, Alternatives provides a fully integrated recovery service within a safe, therapeutic setting



West Dunbartonshire  
Health & Social Care Partnership



Scottish Government  
Riaghaltas na h-Alba  
gov.scot



**CORRA**  
FOUNDATION

Registered Charity No. SC024540  
Company No. SC253868

**Family & Friends  
Support Service  
West Dunbartonshire**

# Family & Friends Support

## What We Offer

- One-to-One Support
- Family Peer Support Groups
- Bereavement Support Groups
- Wellbeing Activities
- Support to access Counselling including Bereavement counselling
- CRAFT (Community Reinforcement Approach & Family Training)
- SMART Recovery Family & Friends
- Access to Naloxone

## CRAFT

(Community Reinforcement Family Training)

CRAFT is a set of 7 structured sessions and is solution -focused, skills based programme with a strong evidence base. It involves role-plays to help you practice new skills and has small assignments which you will be asked to do away from the sessions.

If you would like to learn more about the CRAFT principles, this is something we can deliver in a 1:1 or group setting.

# Bereavement Support & Counselling

If you have lost someone who used alcohol or drugs, we can support you to access free bereavement counselling.. We can also refer you to an accredited counsellor.

## Well-being Activities

We can offer you access to our therapeutic wellbeing programme to help you develop a variety of techniques to manage life situations.

We can offer you access to 1-2-1 & group complementary therapy sessions including Stress Management, Mindfulness, Massage and Reiki.

- Weekly Walk & Talk Groups
- Mindful Gardening

Clydebank Office  
34 Alexander Street  
Clydebank  
G81 1RZ  
0141 951 2420

Dumbarton Office  
1/3 Quay Street  
Dumbarton  
G82 1LG  
01389 734500



info@alternativeswd.org



www.alternativeswd.org

# One to One Support

We can offer you one-to-one support if you would to speak to someone, confidentially, about a loved one you have concerns about.

We will offer you time to explore the issues affecting you, creating a safe space for you to express your thoughts and feelings, helping you to come up with ideas and solutions to move forward.

Common topics include improving communication, setting boundaries with your loved one and looking after yourself.

Each support session lasts around one hour and the frequency can be arranged to suit your needs.

## Group Support

We currently offer weekly Family Support Meetings.

This is a facilitated mutual-aid support group, where family members are invited to share with each other any difficulties they are currently experiencing, and focus on ideas and solutions to find a way forward.

For information about our current meeting schedule get in touch or visit us on social media.