Family Recovery

Loving Them Without Losing You

Free webinar on self-care and the impact of addiction on families.



Do you have a loved one in your life impacted by alcohol, drugs, gambling or gaming addiction? Join us to understand the effects on families and learn practical and healthy ways to support them and your wellbeing.

- 50-minute information webinar for parents, partners and individuals impacted by a loved one's addiction
- Online via Microsoft Teams
- Understand impacts of chronic stress and how to develop greater awareness of your own response
- Learn practical ways to regulate and set boundaries
- Reflect on how to remain supportive without losing youself.

Our free information webinar will be online on Tuesday 17th November from 12pm to 1pm.

Scan the QR code to register:

For more information, please contact:

Family Recovery program

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CatholicCare SYDNEY