



**22 April 2015**

## **Maryfields Day Recovery Centre launches family support group in Macarthur region**

Maryfields Day Recovery Centre, a Special Work of the St Vincent de Paul Society will host a new 12 step Nar-Anon Family Support group in Campbelltown beginning on 4 May 2015.

Michael Sargent, Manager Maryfields Day Recovery Centre says that the program will be welcomed by the local community.

“While there has been successful recovery and rehabilitation such as Maryfields Day Recovery Centre available for people with addiction in the local area, there has been a lack of services for families and friends who are supporting them. This program will offer much needed assistance to family and friends of people with addiction,” said Mr Sargent.

Lynne Young, Secretary Nar-Anon Family Groups Australia says the family program offers tools to learn about the illness of addiction as well as dealing with the emotional, financial and legal consequences of addiction.

“Many family and friends of people with addiction share common feelings and trauma such as isolation, guilt, distress and shame. Having a welcoming and safe environment to share their experiences among people with a common bond allows family and friends of people with addiction to gain strength and hope,” said Ms Young.

Nar-Anon places no pressure to participate in discussions, participants are welcome to just attend and listen.

Meetings will be held fortnightly and people are invited to come along and attend. There are no fees and confidentiality and anonymity are guaranteed.

Nar-Anon meetings will be held on Mondays from 2-4.30pm at Maryfields Day Recovery Centre, Level 1, 77 Dumaresq St Campbelltown. The meetings will begin Monday 4 May 2015.

For immediate assistance from the Nar-Anon help line please call 8004 1214 or 0412 217 509.

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