

Caregiver's Resources

Resource	Type of Support	How to Contact/Obtain
Al-Anon	Help and hope for families and friends who are worried about someone with a drinking problem.	www.al-anon.org for full list of meetings and other services provided
Get Your Loved One Sober	Book - <i>Get Your Loved One Sober</i> describes this multi-faceted program that uses supportive, non-confrontational methods to engage substance abusers into treatment. Called Community Reinforcement and Family Training (CRAFT), the program uses scientifically validated behavioral principles to reduce the loved one's substance use and to encourage him or her to seek treatment. Equally important, CRAFT also helps loved ones reduce personal stress and introduce meaningful, new sources of satisfaction into their life.	www.amazon.ca or other bookstores
Smart Recovery	Provides effective, easy-to-learn tools to help both you and your loved one using Community Reinforcement and Family Training (CRAFT)	www.smartrecovery.org/family
Pinewood Addiction Services for Parents and Family Members	Pinewood Centre's Community Treatment Services provide individual support and group therapy to parents of substance using youth and adult family member's who's loved ones use substances. Service begins with an intake which can be conducted over the phone or in person at the different community treatment offices. During the intake, family members are encouraged to attend the Family Member Orientation Group for information about substance use and co-occurring mental health symptoms, as well assessment for on-going services. From assessment, family members will be referred to brief individual therapy and/or group support.	<p>For general information or to book an appointment, contact a location that is convenient for you:</p> <p>95 Bayly Street West Suite 406, Ajax 905-721-4747 ext. 6</p> <p>200 King Street East Suite 206, Bowmanville 905-721-4747 ext. 3</p> <p>419 King Street West Suite 125, Oshawa 905-721-4747 ext. 2</p> <p>180 Mary Street, 3rd Floor, Port Perry 905-721-4747 ext. 4</p>