

***Feeling alone?***

***Don't know what to do?***

***Can't see a way forward?***

***Parenting a child who uses substances and doesn't want to stop can be difficult.***

**Free online support group for parents of children under 19 who are misusing substances.**

**During our six sessions we are offering support, advice and a confidential space to talk.**

**To protect your identity, we are delivering our sessions via Microsoft Teams with Cameras switched off and with the use of individual's first name or a chosen nickname.**

**Our next course will start on Friday, 5th of November 2021**

**Lunchtime 12:30 -2pm and evening sessions 5-6:30 pm.**

**Future courses: 25th of February and 22nd April 2022.**

**THE  
MATTHEW  
PROJECT**

**Finding hope together**

***Please contact  
Unity@matthewproject.org or call  
0800 970 4860 for further information  
www.matthewproject.org***