

## Topics

### □ Understanding Addiction, Treatment and Recovery

Addiction is known to be a powerful, baffling and chronic relapsing disorder. However, it can be treated and recovery is possible. Understanding addiction is important to address the risk of relapse and phases of recovery.

### □ Crisis Management

Gain skills and learn strategies to deal with situations that require urgent attention. Find out what works and how to develop a safety plan for intoxicated behaviour, aggression and drug overdose.

### □ Communication

Learn to communicate with your loved ones in a positive, and encouraging manner. Avoid enabling behaviour and be involved in treatment and relapse prevention planning.

### □ Self-care

Understand how self-care and balancing a healthy positive lifestyle can be helpful for you and your loved ones. Learn the concept of powerlessness and acceptance by creating boundaries and limits.

*Embrace the Journey,  
Support Your Loved Ones.*

### NATIONAL ADDICTIONS MANAGEMENT SERVICE

10 Buangkok View  
Buangkok Green Medical Park  
Block 9, Basement 1  
Singapore 539747

General Enquiries: 6389 2000  
Appointment Line: 6389 2200

- 🌐 [www.nams.sg](http://www.nams.sg)
- 📘 National Addictions Management Service
- 📷 @nams.sg



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Oct 2023



## BRIDGE Family

Support Group For Families & Caregivers

**NATIONAL**  
**ADDICTIONS**  
MANAGEMENT SERVICE

## Addiction and Its Impact On Loved Ones

Addiction causes harm and suffering to individuals with an addiction and people around them, especially families and loved ones. Managing an individual with an addiction can be challenging. It can be detrimental to a caregiver's physical, mental, emotional, and financial health. Family members and caregivers will feel helpless, hopeless and frustrated trying to understand their loved ones.

Having a loved one in treatment or recovery is one of the hardest situations a family can find itself in. Addiction affects the entire family. Often the best thing a caregiver can do to support a loved one is to take care of himself/herself and be available when they reach out for help.

BRIDGE Family is a weekly support group for members of the public who have loved ones with a drug and/or alcohol use problem.

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*The opposite of addiction is not sobriety. The opposite of addiction is connection.*

*- Johann Hari*

### BRIDGE Family aims to empower caregivers to:

- Develop coping skills to improve their well-being
- Understand crisis management and develop a safety plan for themselves
- Guide their loved one through effective communication to seek help
- Provide better understanding and support on how to manage an individual with an addiction

*“Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip toe if you must, but take the step.” – Naeem Callaway*

Through the support group, family members and caregivers can learn to deal with addiction problems at home and receive support for their self-care.

Day:	Every Tuesday (Except Public Holidays and eve of Public Holidays)
Time:	7pm to 8.30pm
Location:	NAMS Clinic Buangkok Green Medical Park, Blk 9, Basement 1 10 Buangkok View, Singapore 539747

Open to public. Registration is not required.

