

Chemical Dependency is a Family Disease

- Are you worried about a family member's drinking, drug using, gambling or use of food?
- Does your loved one admit there is a problem or not?
- Is s/he willing to seek help or not?
- Can you see what effect this is having on yourself and other family members?
- Do you feel life is becoming unmanageable because of somebody else's addiction?

Your answers to these questions will indicate to you if you need help and support provided by Tabor Lodge.



Services Offered to Families Affected by Addiction to Alcohol and Drugs

1. Family Education & Information Programme

One morning each week from **10.30 a.m. to – 12.00 noon** over a four week period.

This will consist of lectures covering :

- Addiction/Denial
- Impact on the Family
- Enabling and
- Accessing Help

Programme includes discussion and support group.

Nominal fee applies. You are also welcome to attend if you are accompanying a family. Prior booking for this programme is essential.

2. Family Counselling for Individuals & Families

Short term counselling to stabilise and support family members in crisis due to a loved one's chemical dependency. Confidential Service.

3. Assessment

Arrange an assessment meeting with Tabor Lodge staff for family member affected by alcohol, drug, gambling and food problems. Meetings in confidence. Professional opinion as to the severity of problems and guidance on different treatment options.

Tabor Lodge Family Counselling Services



FOR FURTHER INFORMATION CONTACT:

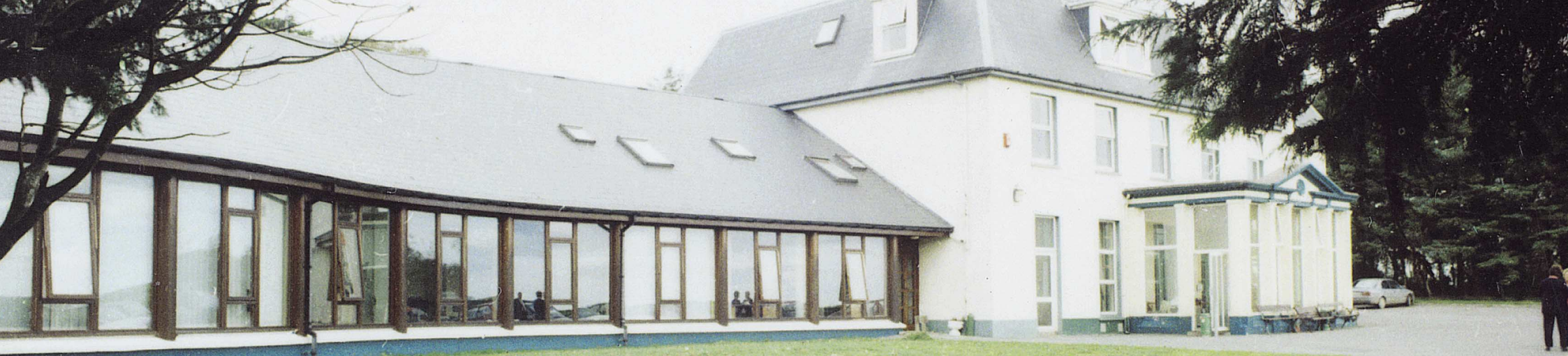
Family Addiction Counsellor

Tabor Lodge, Ballindeasig, Belgooly, Co.Cork.

Tel: 021 488 7110 Fax: 021 488 7377

Email: taborlodge@eircom.net

Website: www.taborlodge.ie



Tabor Lodge is situated in its own extensive grounds fifteen miles southwest of Cork City. Tabor Lodge was established by the Sisters of Mercy in 1989 and is now a limited company with charitable status.

Philosophy

In Tabor Lodge we believe that chemical dependency is a chronic, progressive, primary disease that cannot be cured but those who suffer can be helped by abstinence and improved lifestyle.

We also believe that people who suffer from chemical dependency are entitled to dignity and respect and that each person has within himself or herself the resources for recovery.

There is a spiritual dimension to our programme and so patients are introduced to various Twelve Step Programmes.

In addition to treating chemical dependency to alcohol, drugs, and prescribed drugs, treatment is also provided for food disorder and pathological gambling.

Caring for the Whole Family

Tabor Lodge recognises chemical dependency/addiction as a disease that affects the whole family. Therefore the goal of the Tabor Lodge Family Programme is Recovery for the whole Family. Through education and information and through treatment and support family members can make significant changes in their own lives and establish a programme of recovery for themselves. At the same time the family can be a significant resource in the effective treatment of their chemically dependent loved one.

Through a Twelve Step Programme family can progress into living constructively with chemical dependency and enjoy ongoing recovery .

Referral Sources

Concerned persons can contact Tabor Lodge directly but referrals are also made by; Family Members, G.P., Social Services, Family Agencies, Counsellors and Psychiatric Services.

Training Programmes

Tabor Lodge has always included care for the whole family in an integrated response to the problems caused by chemical dependency.

Tabor Lodge is now leading the way in creating innovative responses to meet the real needs of families in crisis.

With services ranging from; crisis intervention, education programmes, counselling, treatment programmes and workshops, family conferencing and 52 week aftercare support, families can have confidence that effective care and help is available.

Training programmes are also offered to agencies in the community that work with families affected by addiction.