

# CRANSTOUN

Empowering People, Empowering Change

## Families struggling with drugs & alcohol deserve support

The M-PACT (Move Parents & Children Together) group programme supports parents struggling with substance use to make positive changes, improve communication with their family & build relationships for the future.

### The group programme

- Raises awareness of the impact of substance use on the family
- Explores each other's emotions
- Sessions for the whole family
- A safe structured setting

Cranstoun is now delivering the M-PACT programme. Speak to your worker for information, or call 0300 303 8200 & speak to a **Here4YOUth** worker.

**cranstoun.org**

