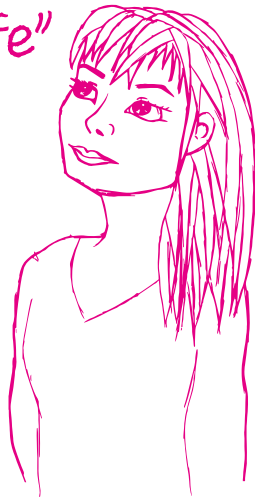


# How do I take part?

M-PACT sessions are available to families that meet the criteria listed below.

If you think that M-PACT could help your family to cope with drug/alcohol misuse then please make contact with us.

"M-PACT  
Saved my life"



## Criteria

- One or both parents have suffered or are suffering from problems with alcohol or drugs
- Have children between the ages of 8-17 (although sometimes younger children will be considered)
- Those attending M-PACT sessions must be free from all mood altering substances\* for each session

\*With the exception of prescription medications

# Act now

If you think M-PACT could help your family then please contact us:

Contact Name

Contact Number

Website

Organisation Name

# Clear your head...



M-PACT (Moving Parents And Children Together)  
from Action on Addiction.

Artwork designed and developed by Emma, young person 2013

# Talking helps

## M-PACT®

Moving Parents And Children Together

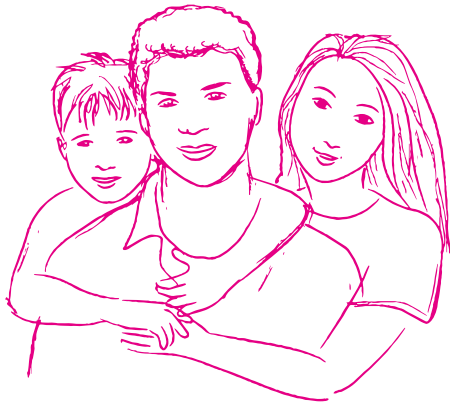
## M-PACT®

Moving Parents And Children Together

# How can M-PACT help your family?

M-PACT is a programme that helps parents and children, aged 8-17, talk more openly and safely about the effects of parental drug and/or alcohol misuse on the whole family and gives them new tools to move forward positively.

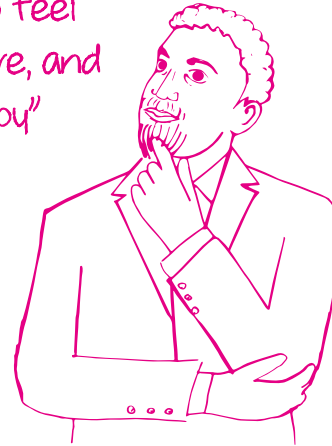
*"It made us realise how much we had kept from our child, how much we had hidden and not talked about"*



In order to take part in the programme, you will need to come for an initial meeting where you will find out more about M-PACT and we can answer any questions you might have. After that, you will come together every week for 8 weeks with a number of families in similar circumstances.

M-PACT is run by people who understand how families are affected by drug and/or alcohol problems. They help make it possible for parents and children to understand each other better.

*"You won't fight for yourself, but you'll fight for your children.... I want them to feel safe and secure, and therefore happy"*

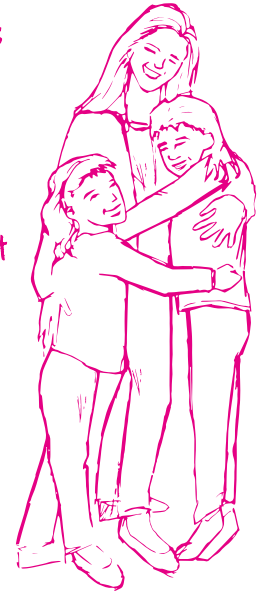


The sessions provide a safe space to talk about difficult things and to learn how to cope better and move forward positively.

# Making a positive change

Each week M-PACT can help your family become closer, more caring, understanding and supportive towards each other. Everyone is there to help improve their lives and the lives of the ones they love as well as have fun along the way.

*"M-PACT made us all feel good about ourselves. I think the girls felt positive about themselves"*



Results show that families have a better understanding of addiction, are able to communicate positively, are more united, safer and healthier as a result of attending M-PACT.