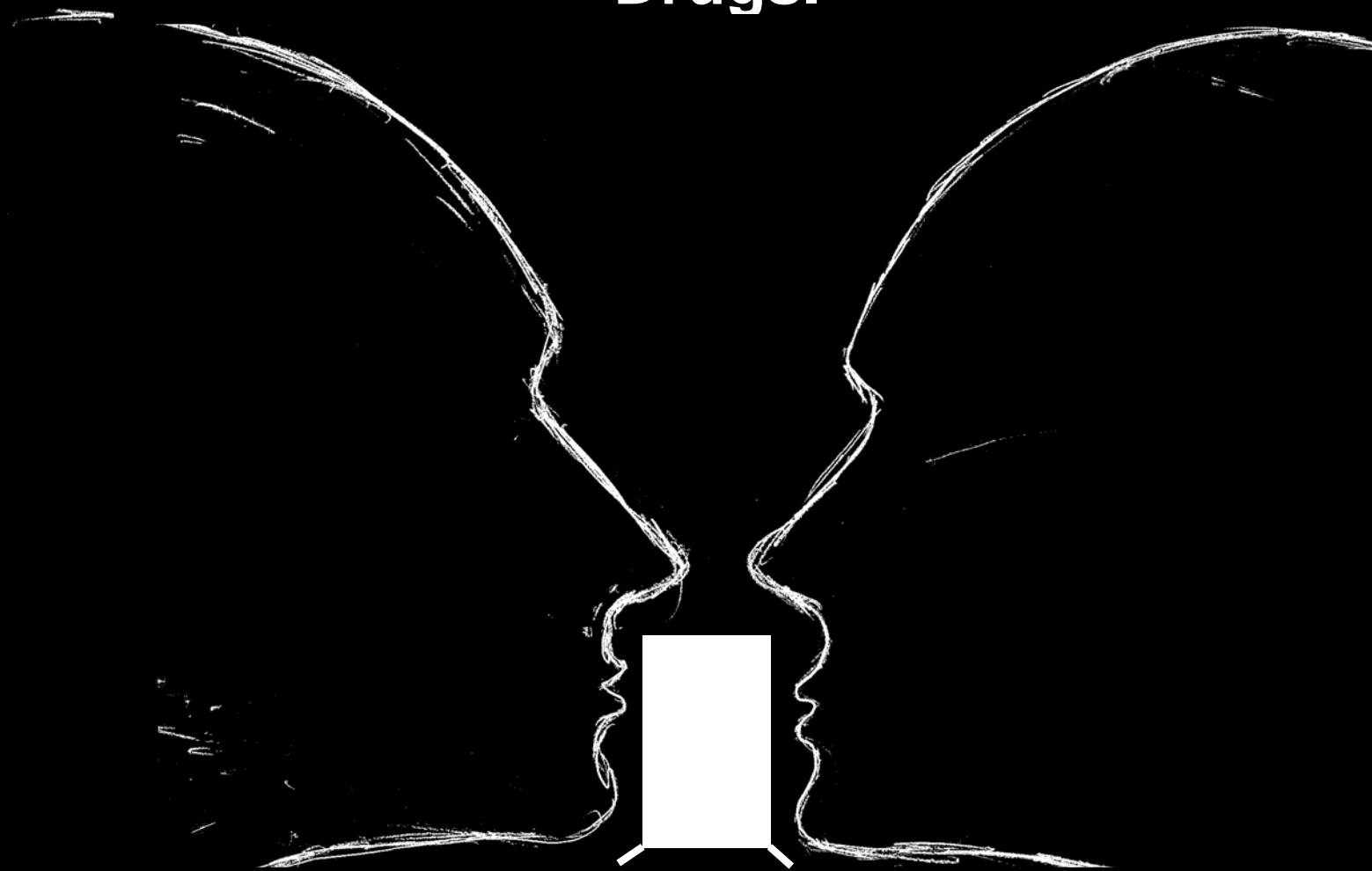


**You Don't have to 'Drink' or 'Take  
Drugs To Be Affected by Alcohol or  
Drugs.**



**Angry ? Hurt? Frightened? Isolated?**

**Don't Remain A Hidden Carer**

Speak In Confidence With Other Families/Carers within the

**Alcohol & Drugs Families/Carers Support Group**

**First Tuesday Of Every Month Starting on the 4<sup>th</sup> Of September**

**12.00pm -2.pm. Manchester Carers Centre Beswick Row M4 4PR**

For further info contact the Help-line 0161 834-4090 (9.30 - 4.30pm)

