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FOR RELEASE #11-008

January 19, 2011

New support group for loved ones of substance abusers

WHITEHORSE—Yukon Health and Social Services is introducing a new drop-in support program for people affected by the drug or alcohol abuse of a loved one.

"Strong support networks are vital to increasing the chances of overcoming addiction," Health and Social Services Minister Glenn Hart said. "By providing services that assist the loved ones of those struggling with addiction, we increase the chances of successful rehabilitation. We are also taking a positive step towards reducing the harmful ripple effect that substance abuse causes individuals and their families."

In addition to the assistance that Alcohol and Drug Services already provides to concerned family members and friends, the support group will provide a venue geared specifically to the information and support requirements of people directly impacted by a loved one's substance abuse.

Drop-in group participants will benefit from a safe atmosphere where they can share their experiences. Programming for this audience will emphasize self-care and provide guidance in caring for others in this challenging situation.

Participants will also receive support on issues they face surrounding addiction and information on strategies and behaviours to help them cope. The group will be led by trained addiction / mental health counsellors.

Weekly meetings will be held in the downstairs meeting room of the Sarah Steele Building at 6118-6th Avenue on Thursdays from 6 to 7:30 p.m., starting January 20.

For more information, contact Alcohol and Drug Services at 867-667-5777.

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Contact:

Emily Younker

Cabinet Communications

867-633-7961

emily.younker@gov.yk.ca

Lael Lund

Communications, Health & Social Services

867-456-6145

lael.lund@gov.yk.ca

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