

Affected Others



Have you been affected by a loved one's addiction? If so, know that you are not alone! Affected Others is an eight-week supportive learning program for family members, partners/spouses, loved ones and friends who care about someone who is struggling with addiction to drugs, including alcohol (&/or gambling). You will learn relevant and helpful content in a confidential and non-judgemental group setting with others who can relate the complexities of having someone you care about struggle with addiction.

Participants can expect to gain an understanding of the following:

- Risk factors for addiction and the neuroscience of chemical dependency
- Effective communication strategies and learning what we can control
- How to set and maintain healthy boundaries in relationships
- Self-compassion and the importance of self-care
- Anxiety reduction through the practice of mindfulness (and more!)

How it Works

Two trained facilitators will lead a group of 6 - 12 adults who will journey together (typically online) for two hours each week, for a total of eight consecutive weeks. AO is held during the week, either in late afternoon or early evening. Times change to accommodate the schedules of those who need this program. Potential participants need to know that this group is not a passive experience; all group members are expected to attend regularly (i.e. weekly), be on-camera during group time (if not taking place in-person) and are expected to participate to the best of their ability.

Healthy Minds Cooperative (HMC)

A community-based, peer-led mental health cooperative offering free support services to Nova Scotians (no referral required). HMC's passion is to help those working on their mental health and addiction challenges by offering a supportive and safe/brave space to connect, grow and learn - together!

Eligibility & How to Apply

This program is offered at no cost and is for Nova Scotia residents who are at least nineteen years of age, and, for those who currently reside within the Nova Scotia Central Health Zone: Halifax area, Eastern Shore, and West Hants (view the [Nova Scotia Health Zones](#) for more info). If you live *outside* of the 'Central' area, please call the NS Mental Health and Addictions Intake Line and ask register for Affected Others: 1-855-922-1122.

To apply, visit www.healthyminds.ca > Services > Wellness Programs to find more information and to complete the online Intake Form and Confidentiality Agreement. *You will automatically be placed onto the waitlist for the next program.* We will contact you 2-4 weeks prior to the start of the next available program.

Questions?

Please email the Wellness & Recovery Coordinator: wellness@healthyminds.ca

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