

Act now

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

Contact Name

Contact Number

Website

LOGO

Artwork designed and developed by Emma, young person 2013

Clear your head...



M-PACT[®]

Moving Parents And Children Together

Talking helps



Action on Addiction

M-PACT[®]

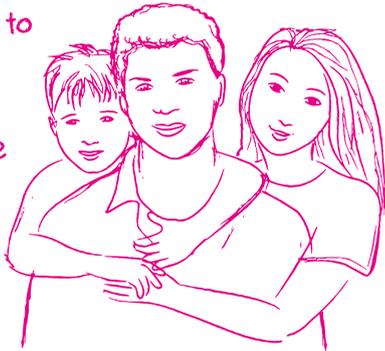
Moving Parents And Children Together

How can M-PACT help your family?

M-PACT is a programme that helps children and young people aged 8-17, with parents who are or have been suffering from drug and/or alcohol problems.

To take part in M-PACT, you first need to come with your family to meet us so we can talk more about the programme and answer any questions you may have.

"It was different to be with people who know about addiction because in the house it was unspoken and hidden away"



After that you will come together once a week for 8 weeks with a number of families in similar situations.

M-PACT is run by people who understand how families are affected by drug and/or alcohol problems and will help you talk about this safely.

There to help

M-PACT can help your family become closer, more caring, understanding and supportive towards each other. Everyone is there to improve their lives and help each other and have fun along the way.

Results show that families have a better understanding of drug and alcohol misuse, talk positively and are safer and healthier and happier.

"M-PACT made me and my mum stronger"



How do I take part?

M-PACT sessions are available to families where:

- One or both parents have or are suffering from problems with alcohol or drugs
- There are children aged 8-17 (although sometimes younger children will be considered)