

Affected Others

Have you been affected by a loved one's addiction? If so, Affected Others (AO) may be for you. AO is a multi-week educational program for the family members, friends, and loved ones who care about someone in their life who is struggling with addiction to drugs (including alcohol). You will learn relevant content in a confidential, supportive, and non-judgemental setting.

Participants can expect to gain an understanding of the following:

- Addiction from a social and scientific perspective
- Effective methods of communication
- How to set and maintain healthy boundaries
- Self-compassion and the importance of self-care
- Anxiety reduction through the practice of mindfulness (& much more!)

How it Works

Two trained facilitators will lead a group of (up to) twelve adults who will journey together (virtually) for two hours each week, for a total of eight consecutive weeks. AO will be held on weekdays, either in late afternoons or early evenings. Please note: This group is not a passive experience; group members are expected to attend regularly, be on camera during group time and participate to the best of their ability.

Healthy Minds Cooperative (HMC)

A community-based, mental health charitable cooperative offering free services to Nova Scotians (with no referral required). Staff have first-hand, lived experience with mental illness (some, including addiction). HMC's passion is to help those working on their mental health challenges by offering a supportive and safe/brave space to connect, grow and learn – together!

Eligibility & How to Apply

This program is for Nova Scotia residents who are at least nineteen years of age and 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 to register for Affected Others: 1-855-922-1122. This program is also cost-free.

To apply, please request an Intake Form (which includes a confidentiality agreement) from the contact listed below. You'll be sent the Intake Form by email and once it is completed, you will be *automatically* placed onto the waitlist and contacted with dates for the next group, when they are available.

Contact & Questions

Lesley Huska, Wellness Coordinator: 902-404-3504 ext. 202, or, affectedothers@healthyminds.ca



We are: **humans making change**