



Mind, Body & Recovery, Meeting the Challenge Conference

Thanks to everyone who made this year's conference such a huge success. It reinforces the need to create recovery orientated services and a recovery culture, if we are to have real meaningful outcomes for substance users and for whole family recovery. It was wonderful to meet friends old and new and to share some fun times with them. A particular welcome to members who joined us for the first time at the conference, we look forward to seeing you regularly, to learn, share and enjoy less stressful times together.



Many thanks to Breda & Marian for their long and dedicated contribution to supporting families in their home town of Wexford. Wishing them many more years of health, happiness and friendship.

The National FSG conference took place in the Green Isle Hotel, Dublin on 2nd Nov.

Guess WHO



Email: info@serfsn.org

Camino



Family Members walked the Camino, Northern Spain again this year. This is a great opportunity for FM's to reflect and take time out for themselves. If you are interested in taking this journey 2020, please contact the Network or your group facilitator.

Wellbeing Corner



Reiki

Mick & Ann are our voluntary

Facilitators and trained Reiki Practitioners. They are happy to deliver group Reiki to your Group. Please contact Mick (085 1155533)

Remember also to book your respite place ASAP when dates are sent to your group on January

Who Am I

*I am now a flower that is in bloom
I grew from a seed
I wilted and almost died a few times
But with the love and care from others
And the will from myself
I flourished once again, I am grateful
I am alive*



By Tina

Remember be kind to yourself this Christmas

EMERGENCY CARE WALL

for sadness



for loneliness



best friend's phone #

for self-doubt



list of reasons why you can

for anger



for worry



for other



CHIBIRD