

SER Family Support Network Supporting your Recovery in the South East during COVI19

Online Weekly Meeting Schedules for May

Mindfulness & Self Care Session



Start you day by Joining us each Tuesday & Thursday @11am

5 Step brief intervention method

The South East Regional Family Support Network are now offering the 5 Step Brief Intervention Method for new Family Members who are in crises and need support. Please reach out for support by contacting us, where you will be treated with dignity & respect, receive nonjudgmental, factual information on self-care, drugs, harm reduction and treatment services.

Peer Family Support Groups

The SER Family Support Groups are now providing online support through zoom for existing family support members,



Weekly Workshops - Wednesdays 2pm

Each Wednesday @ 2pm we will be providing weekly workshops for family members through zoom. Contacting and learning together gives everybody a sense of connection

Just simply text or phone to tell us which of the above you want to attend.

Phone or text: 086 6045805 See our website: peerfamilysupport.org

Facebook: South East Regional Family Support Network.