



Self-Help Group

"Partners of people who are alcohol dependent"

Are you living with a loved one struggling with alcohol issues? It can be a challenging and isolating experience, but you don't have to face it alone. We invite you to join our English-speaking self-help group designed exclusively for partners like you. In our group, you'll meet individuals who understand what you're going through. We provide a safe and compassionate environment where you can share your experiences, concerns, and emotions openly. Here's what you can expect from our self-help group:

1. Connect with others who have similar experiences and gain comfort in knowing you're not alone. Share your feelings, fears, and challenges with individuals who genuinely understand and empathize with your journey.
2. Find solace in a non-judgmental space where you can freely express your emotions.
3. Discover effective coping strategies to manage the challenges you face. Learn from others' experiences and share your own insights to build resilience.