

Are you looking after someone who misuses substances or alcohol

If YES come and meet other carers

Where you can...

- Use your views and experiences to give a voice to carers and improve future services.
- Have support from other members of the group.
- Meet and build friendships with people in a similar situation.
- Get informed on a variety of subjects.
- Get involved in choosing speakers and organising activities for the group.

The meetings are very informal. Come along and enjoy a cup of tea and a chat with a friendly group of people.

**Muni Arts Centre,
4th Thursday of the month
10.30-12.30p.m.**

The venue is near accessible parking and bus terminal in Pontypridd but if you have a problem getting there or would like to know more about the group please ring:

Helen Pitt, Carers Support Project **0808 100 1801**
Leanne Provoost, Substance Misuse Team **01685 875481**
Liz Bebb RISMS **01443 440440 Ext 5754**



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RHONDDA INTEGRATED SUBSTANCE MISUSE SERVICE
GWASANAETH CYFLIN (MATBURIAN CAHDERBYDDIO CYFFURIAU) CYMR RHONDDA



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