

Family

M.O.T

NHS

Rotherham Doncaster
and South Humber
NHS Foundation Trust

Moving on together

- **Family M.O.T** is an **8 week group programme** to help families who are affected by parental/carer drug and alcohol misuse.

The programme offers the opportunity for families with children aged 8 and above, to explore their own thoughts and beliefs about drug and alcohol use, we look at how to communicate effectively as a family and how to make small but positive changes.

To take part in the **Family M.O.T** you can refer yourself or a professional that you are working with can by calling us on:

 **03000 218997**

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