

## DAYS FAMILY SUPPORT GROUP MEETINGS ARE HELD

<b>Monday:</b>	Matt Talbot Mothers (6.30-9pm), 'The Hut' (7.30 – 9pm), Nar Anon (8-9.30pm),
<b>Tuesday:</b>	Mahon FSG (10am till 12 noon) Matt Talbot Fathers (7-9pm),
<b>Wednesday:</b>	BAY Togher (11am – 12.30pm), The Bridge (7.30pm-9.30pm), Parents Aware Ballincollig (8-10pm), Al Anon Info mtg (1st Wed. 8.30-9.30pm)
<b>Thursday:</b>	Blackpool / Hillgrove (11am-12.30pm), Churchfield FSG (7.30-9pm), Tabor Lodge in St Dominics, Ennismore (7.30-9.30pm)
<b>Friday:</b>	Tabor Lodge in La Verna, Grattan Street (10am – 12.30pm)
<b>Saturday:</b>	Nar Anon (11.30am-12.30pm) Adult Children of Alcoholics ACOA (every 1st & 3rd Sat 3 – 4.15pm)

*See inside leaflet for exact location of meetings & contact phone numbers*

### Project workers in the below areas offer one-to-one family support and referral to Family Support Groups.

Ballincollig	Clare McCarthy	087 284 4426
Ballyphehane	Orla O'Shea	087 179 0689
Blackpool	Trish Barrett	087 796 6020
Carrigaline	Deirdre Nagle	086 383 7390
Douglas	Andrew Fiddow	087 120 9001
Dublin Hill	Stephen Connolly	086 366 8049
	Yvonne O'Toole	087 293 3283
Farranree	Tracey Dunne	086 159 1507
	Mark Peyton	085 714 7661
Glanmire	Cora Coleman	087 9900 322
The Glen	Lisa Sheehan	087 762 2598
Greenmount	Sinead McGrath	086 836 4366
Gurrabraher	Pat O'Connell	087 629 4784
Knocknaheeny	Celine Hurley	087 122 4794
Mayfield	Deirdre Dennigan	086 852 3077
	Martina O'Keefe	086 368 2061
Mahon	Teresa Clifford	086 3801 698
Togher	Kerry Dineen	086 824 0140
Traveller Visibility Group	Ann Jordan	086 608 4659

One-to-one family support is provided at Arbour House and its outreach centres in Cork City and County. For details contact Christine Slyne on 021 496 8933

## Cork Family Support Network



*Finding Ways to Better Support*

### Mission Statement

Cork Family Support Network is a body of self help locally based Family Support Groups. Individually these groups provide supports for families who are affected by drug / alcohol misuse. Our aim is to bring these groups together in a welcoming non-judgemental atmosphere, with a united purpose, to network and raise awareness of families' common concerns.

### The Cork Family Support Network aims to:

- Raise Awareness
- Reduce Stigma / Fear / Shame
- Provide Information
- Campaign on Family Issues
- Campaign for Better Services
- Share Resources
- Network Locally & Nationally



This pamphlet was produced by the Cork Family Support Network (FSN) using finance from the Dormant Accounts Fund through Pobal.



The Cork FSN is affiliated to the National Family Support Network.



The Cork FSN is supported administratively by Cork City Partnership.

**To find out more about the Cork FSN, contact the Community Outreach Drug Awareness Project at Cork City Partnership on Tel 021 430 2310.**

## Cork Family Support Network



Supporting Families Dealing With Drug & Alcohol Misuse

*See inside for details of all Family Support Groups in Cork*

***Finding Ways to Better Support***

## Family Support Groups

### Who are we?

Family Support Groups provide support and information for families affected by drugs and alcohol. By sharing our experiences we aim to support each other through difficult times. All meetings are confidential. Newcomers are always welcome.



- Group Name:** ACoA (Adult Children of Alcoholics & Dysfunctional Families)
- Meeting Location:** Dominican Centre, Popes Quay, Cork.
- Meeting Time:** 1st & 3rd Saturday each month. 3.00 – 4.15pm
- Contact:** Sheila. **Tel** 021 450 2267
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- Group Name:** Al-Anon Family Groups
- Meeting Location:** Various – see [www.al-anon.ie](http://www.al-anon.ie)  
Plus monthly Information Meeting in Dominican Centre, Popes Quay, Cork
- Meeting Time:** Various & Monthly Information Meeting 1st Wednesday each month, 8.30-9.30pm
- Contact:** Answering Service **Tel** 021 431 1899
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- Group Name:** Ballyphehane / Togher Southside Family Support Group
- Meeting Location:** 20a Pouladuff Rd., Ballyphehane, Cork
- Meeting Time:** Wednesday: 11 – 12.30pm
- Contact:** Orla O'Shea **Tel** 087 179 0689 or Kerry Dineen **Tel** 086 825 1561

# Cork Family Support Groups

- Group Name:** Blackpool / Hillgrove Family Support Group
- Meeting Location:** Blackpool Community Centre, Blackpool, Cork
- Meeting Time:** Thursday 11am-12.30 pm
- Contact:** Trish Barrett **Tel** 087 796 6020
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- Group Name:** Bridge Recovery Parents / Concerned Persons Support Group
- Meeting Location:** South Parish Community Centre, 21a Sawmill Street, Cork
- Meeting Time:** Wednesday: 7.30 – 9.30pm
- Contact:** Sharon O'Connell. **Tel** 021 431 3411
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- Group Name:** Churchfield Family Support Group
- Meeting Location:** Churchfield Community Trust, 109 Knockfree Avenue, Churchfield, Cork
- Meeting Time:** Thursday 7.30 – 9.00pm
- Contact:** Churchfield Community Trust. **Tel** 021 421 0348
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- Group Name:** Douglas Family Support Group
- Meeting Location:** DAYS Project, Block B5, Donnybrook Commercial Centre, Donnybrook, Douglas, Cork
- Meeting Time:** 5.30 -7pm on alternative Thursdays
- Contact:** Andrew Fiddow **Tel** 087 1209001
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- Group Name:** Mahon Family Addiction Support Group
- Meeting Location:** Mahon Family Resource Centre, Mahon Drive, Mahon, Cork.
- Meeting Time:** Tuesday 10.00am – 12.00 noon
- Contact:** Margaret O'Connor. **Tel** 021 435 8866
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- Group Name:** Matt Talbot Father's Group
- Meeting Location:** Matt Talbot Services, Rockview, Trabeg Lawn, Douglas, Cork
- Meeting Time:** Tuesday 7-9.00pm
- Contact:** Patrick Cooney **Tel** 021 489 6400

- Group Name:** Matt Talbot Mother's Group
- Meeting Location:** Matt Talbot Services, Rockview, Trabeg Lawn, Douglas, Cork
- Meeting Time:** Monday 6.30 – 9.00pm
- Contact:** Pat Riordan **Tel** 021 489 6400
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- Group Name:** Nar Anon
- Meeting Location:** South Presentation Convent, Evergreen St., Cork - Monday
- Meeting Time:** 8-9.30pm
- Meeting Location:** Dominican Centre, Popes Quay, Cork
- Meeting Time:** Saturday 11.30am – 12.30pm
- Contact:** **Tel** 086 1755 122
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- Group Name:** Parents Aware Ballincollig Family Support Group
- Meeting Location:** Family Resource Centre, Ballincollig.
- Meeting Time:** Wednesday 8-10pm
- Contact:** Maria **Tel** 087 692 9378 or Mary **Tel** 085 126 5876
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- Group Name:** Tabor Lodge Family Support Groups
- Meeting Location:** La Verna Hall, Grattan Street, Cork -
- Meeting Time:** Friday 10am – 12.30pm  
(4 week programme)
- Meeting Location:** St Dominic's Retreat Centre, Ennismore, Montenotte
- Meeting Time:** Thursday 7.30-9.30pm  
(12 week programme)
- Contact:** Pat Coughlan or Ann Murphy. **Tel** 021 4887110
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- Group Name:** 'The Hut' Family Support Group
- Meeting Location:** 'The Hut', 11B Gurrabraher Rd, Gurrabraher, Cork
- Meeting Time:** Monday 7.30 – 9.00pm
- Contact:** Pat O'Connell **Tel** 087 6294 784