



Online Parent Support Group

For parents of young people who misuse substances and don't want to stop.



You are not alone: Drugs and alcohol can affect the whole family. Our parent support group offers six weekly sessions in a confidential setting, providing a chance to meet other parents who are experiencing similar difficulties. The group aims to help deal with the worries and stresses faced, and provide strategies to help to cope and deal with the challenges that often arise.

What We Do: The Matthew Project Unity Service offers support for children and young people under the age of 19 throughout Norfolk who are misusing substances or are affected by someone else's substance misuse.



Confidentiality: You have the option to stay anonymous by using a nick name and cameras will be switched off.



Speakers: Are former clients who have experienced similar issues, as parents of young people that were using substances.

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Join in: With our next free group on Microsoft Teams starting April 16th @ 5:30pm - 7pm



Email: unity@matthewproject.org
Next course date: TBC

Questions parents discuss

Who is out there to support me and my child?

What are drugs doing for him/her?

Why would somebody want to use drugs?

My child is so aggressive to me... I am scared of my own child

Why it is "normal" for young people to take drugs?

What has changed in society?

Who cares if my child is not in education/employment post 16?

Why is no more done when the issue of substance misuse is identified and I'm asking for help?

Can something be done to support young my child before he/she leaves or is excluded from school?

Recent feedback

Thankyou so much for creating this group. It has honestly exceeded my expectations. There is a lack of support out there for parents of teenagers that take drugs. I was nervous to start, but The Matthew Project and group members put me at ease very quickly. Before long I found myself talking to strangers about the difficulties I've been experiencing like a chat with old friends. It's been so refreshing to learn that I'm not alone, to tell my story without judgement, to listen to how other parents cope, getting advice to help my situation and hearing stories of hope and success.

If you're a parent struggling with a teenager who takes drugs, The Matthew Project are here for you. Please get in touch and let us help.

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