



community reinforcement and family training
cefnogaeth gymunedol a hyfforddiant teuluoedd hefyd

Are you affected by someone's drug or alcohol use?

If so then the Community Reinforcement Approach (CRAFT) could be for you!

The CRAFT Programme can help.

It offers free impartial support to families and friends of someone experiencing drug or alcohol difficulties.

Substance misuse affects the person you love, but it also affects you.

It can really hurt to see someone you love struggling with a drug or alcohol problem. What do you do for the best? What do you say? How do you support them and look after yourself?

These are all questions that many people have or struggle to answer. This is where we come in.

“If you have tried everything but nothing has worked, but you are not ready to give up then you're in the right place”

R.J.Meyers Phd

We are here to help...

CRAFT Programme is a free, informal and relaxed therapeutic programme, designed especially for family members, partners and friends. We are dedicated to helping family and friends create positive change for themselves and for their loved ones who are struggling with substance use problems.

It has been widely evaluated and the results have shown that it can help family members improve their own lives, help their loved one reduce, or even stop their substance misuse by helping them into an appropriate support service.



Families who have gone through CRAFT have reported:

- A happier relationship with their loved one
- Better family cohesion
- Less conflict, anger or depression
- A greater understanding of each other

Who is it for?

It's for people who live with or support a loved one with a drug or alcohol problem.

What is it?

CRAFT is a Programme which will give you support and the skills you need to positively influence loved ones. CRAFT stands for Community Reinforcement And Family Training.



Does it work?

It is an evidence based programme which has been proven to work effectively. It does this by improving communication, while building understanding and a more enriched relationship with the person who is experiencing difficulties with drug or alcohol problems or both.

Just some of the feedback we've received:

- 'Craft has helped me to realise I have a right to a life of my own as well as being a mum'.
- 'Craft has been useful in giving me tools to cope'.

How does it work?

One of our friendly team members will arrange to meet with you at a convenient time, to find out more about your individual situation and needs. This will help us decide how best we can help support you through the programme.

Depending on your situation, we offer either individual or group sessions taken by a qualified worker over a number of weeks. Sessions take place in community locations across Cardiff and the Vale of Glamorgan and can even take place in your own home, depending on your circumstances.



How much does it cost?

Nothing. The programme is completely free.

More Information

To find out more and book an appointment please get in touch with us directly on:

Telephone: 029 2087 3567

e-mail: craft@cardiff.gov.uk

Web: www.ifstcandv.org