

## Aiséirí Problem Gamblers Family Programme 2014

Aiséirí now offers a weekend residential programme for families or others concerned with someone who is developing or has developed a gambling problem. The programme is based in our unit in Cahir Co. Tipperary.

The programme runs from Friday– Sunday and is limited to 8 participants. The course consists of 1:1 counselling sessions, group therapy sessions and workshop /presentations on the following issues:

- Self-Care & Self-Identity
- The Wheel of Change Model for Problem Gamblers
- Stress Management & Debt Management
- Coping with Change
- Identifying Gambling Triggers
- Ambivalence & Denial
- Community Supports

To apply for a place please contact  
Paul Mullins on 056-8833777/083-4516162,  
email pmullins@aiseiri.ie

or complete attached booking form and return to:

Paul Mullins,  
Aiséirí Aislinn Centre,  
Ballyragget,  
Co. Kilkenny

## Aiséirí Residential Programme for Problem Gamblers

A one week intensive therapy residential programme specifically designed for problem gamblers.

Based in Ballyragget Co. Kilkenny, this new service for problem gamblers is the first of its type in Ireland and is delivered by experienced and professionally accredited counsellors.

Programme will include all meals, daily refreshments and all course materials.

### Alcohol/Drug/Gambling Treatment

#### Out-Patient Day Programme

Aiséirí offers an out-patient recovery programme based in Waterford.

- Programme will be delivered in a safe confidential environment
- The course runs over an 8 week period half day and one evening per week
- Individual 1:1 counselling sessions.
- Group Therapy Sessions
- The course presenters are experienced and **fully accredited** addiction counsellors
- Tea/coffee, refreshments and all course materials are included in the cost

**Deposit of €100.00 is required upon application for each programme.**

## Booking Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Deposit: €100.00 \_\_\_\_\_

Select which programme you wish to attend:

Please Tick the box

Weekend Residential Programme

One week Residential Programme

Out-Patient Day Programme

Easy Payment Option available.