

Back on track

in Brighton & Hove

What would your children say about you drinking?

Are you worried about your drinking?

You are not alone
Back on Track can help families where a parent is drinking too much to get the help they need.

It can be a huge step to recognise that you as a parent are drinking to a concerning level and that this could be having an impact on your children. It can be harder still to make the decision to ask for help.

Contact Fran on 07712528493 or email Francesca.Carpenter@oasisproject.org.uk

Find out more at www.brighton-hove.gov.uk/backontrack



Recovery Service
Brighton and Hove

