

## You do the MAFs™ Working out what's best for you

### Mutual Aid, Mutual Respect, Mutual Benefits

'There are many paths up the mountain, all leading in the right direction. The only person wasting time is the one at the bottom, telling everyone that their path is wrong but not starting their own...'

### History of Mutual Aid

Using peer led facilitation, interesting, witty slides, films\*, etc, we provide an informative history of MA to date, including myth busting, exploring different facts and literature about how the different ideas, concepts and philosophies work. \*Including the highly acclaimed Film 'Dear Albert'

### Group setting

Informal but structured approach in comfortable surroundings. Includes 'map surfing' 'check-in', short burst lectures. Guest speakers, etc. Light refreshments served.

### Aims

'Full recovery': Helping you decide how to say goodbye to drink & Drugs. Provide informed insight into various Mutual Aid groups: what they are all about & how to connect, including accompanied meets. Building confidence/self-reliance/resilience by facilitating positive change in social networks & decision making.

### What is Mutual Aid?

Simply put, Mutual Aid is about people with similar experiences coming together to help each other in a structured way. Dear Albert supports finding out much more about these groups and helps you discover which ones are going to work out best for you in an empathic, informed way.

### Engage in guided group discussion with themes such as:

- > Are you an 'addict'?
- > Can I really stay clean?
- > How have others managed it?
- > Am I just a social drinker?
- > Does it matter about labeling myself?
- > Is addiction a disease?
- > Am I to blame?
- > What do I want?

Getting you out of your comfort zone and widening your horizons to make a better future for yourself; improving your life and those close to you.

Any other questions please call:  
**07712 707 999**

Complies with NICE and Public Health England guidelines.

Thanks go to our main sponsors:



### The Recovery Consultancy

Dear Albert is a social enterprise not affiliated with any particular MA group or fellowship. We are however specialist in meaningfully connecting participants with local, regional & national recovery communities. 'You do the MAFs™' (Mutual Aid Facilitation Sessions) are abstinence focused, evidenced based peer led recovery groups. These structured, researched sessions introduce a choice of recovery themes/concepts in a learned environment, pro-actively directing into positive social networks.

Tel: 0116 291 7298

Email: [hello@dearalbert.co.uk](mailto:hello@dearalbert.co.uk)

Twitter: @DearAlbert

Facebook: DearAlbertRecovery

To book on to the course and to find out more simply call 07712707999. Speak to one of our recovery advocates or leave a message. We will get right back to you.

# Saying goodbye to drink and drugs...

Everyone successfully completing our exclusive 'You do the MAFs™' course receives our exclusive 'You do the MAFs™' Dear Albert completion hamper\*. Includes recovery literature & a book of your choice, helping you stay well & learn more, a recovery t-shirt & even a shopping voucher (obviously drugs, booze, fags excluded!) to help you on your way!

## All our programmes incorporate the '5 ways to wellbeing'.

### 1. Take Notice

You have already done this by reading our flyer. Thank you for taking notice. Next...

### 2. Get connected

Get Linked- in by giving us a buzz, text, email, like us on Facebook, check out our website, fill out this form or tell your doctor, recovery navigator, treatment work, etc. After that...

### 3. Become active

Start coming to our groups. We're here to give you all the options and can help you understand what's going on in loads of ways. Then...

### 4. Keep learning

And keep coming. We cover a whole range of stuff and you'll have your own ideas with what we can help with too. Finally...

### 5. Giving something back

When the times right & if you like, we can support you to begin supporting others and can help you to start giving something back again.

The You do the MAFs program is based on 2.5 hours a week for 6 weeks.

If you think you might have a drink or drug problem and would like to find out more, please fill in the form below, hand it to a member of staff and we will get back to you.

Name

---

Address

---

---

---

---

Phone Number

---

Email Address

---

Are you or have you been in treatment before?

Yes / No

Name or organisation and treatment worker

---