



About Us

Daffs (Drug and Alcohol Family and Friends Service) is a free and confidential Gwent wide service that provides support for Concerned Others who are affected by someone else's substance use (drugs and/or alcohol).

Concerned Other means anyone, such as: Family members, friends, neighbours, etc. We can help support you with information on substance awareness, harm reduction, self-care, boundaries, coping strategies, and lots more.

Appointment sessions are tailored to the support needs of the individual and there are currently no fixed limits.



Areas we Cover across Gwent

- Blaenau Gwent
- Caerphilly
- Monmouthshire
- Newport
- Torfaen

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 **daffs.cymru**



A part of **Barod** family

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Our Services

Offering support for Concerned Others:
those affected by someone's substance use.

Remember,
you are not alone.

Support across all ages



Concerned Others Over 18

Daffs over 18's provide a service where you can learn new skills and techniques to empower you to make positive changes.

- Substance Awareness
- Advice & Signposting
- Brief Interventions
- 1 to 1 Support
- Mediation
- Wellbeing & Activities
- Parents And Carers Training (PACT)
- Community Reinforcement And Family Therapy (CRAFT)
- Parents under Pressure (PuP)
- SMART Recovery Family & Friends



Concerned Others Under 18

Daffs under 18's is a bespoke service tailored to the young person's needs and requirements. We offer a flexible approach for appointments and venues.

- Substance Awareness
- Harm Reduction
- Safety Planning
- Advice & Signposting
- Advocacy
- Mediation
- Wellbeing & Activities
- Grŵp Cynefin Peer Support



Parents & Carers of Under 18's

Daffs support Parents & Carers of young people under the age of 18 who are using drugs and/or alcohol. This support is available to you regardless to whether your loved one is accessing support.

- Substance Awareness
- Harm Reduction
- Anger Management
- 1 to 1 & Peer Support
- Wellbeing & Activities
- Advice & Signposting
- Coping Strategies
- Boundaries
- Mediation