

You Can Help

Volunteer

I am interested in volunteering with **From Grief to Action** in one or more of the following areas:

- ☐ support ☐ education
☐ research ☐ join the board
☐ other _____

Become a Member

Yes! I would like to become a member of **From Grief to Action**.

I understand that my membership is confidential.

Last Name _____

First Name _____

Address _____

Post Code _____

E-mail _____

Phone _____

Signature _____

Date _____

	3 years	2 years	1 year
Individual	\$70	\$45	\$25
Family	\$125	\$80	\$45
Corporate	\$260	\$180	\$100

Please circle your preference

My cheque, payable to **From Grief to Action**, is enclosed.

(or sign up today at www.fgta.ca)

Provide Financial Assistance

I would like to provide financial support for the valuable work being done by **From Grief to Action**.

I've enclosed a cheque for:

☐ \$100 ☐ \$75 ☐ \$50 ☐ other _____

Donations may also be made through PayPal at www.fgta.ca

**Charitable Status Registration
#8887 19812 RR0001**

Please mail all correspondence to:

From Grief To Action
c/o St. Mary's Anglican Church
2490 West 37th Avenue
Vancouver, BC V6M 1P5

E-mail: info@fgta.ca



***“A significant
contribution
to the
understanding of
addiction and
related
issues that strike
at the heart of
families...”***

Need additional information?

**Visit our website,
www.fgta.ca**

www.fgta.ca

Who We Are

A not-for-profit society working since 1999 to improve the lives of young persons with an addiction, their families and friends.

Our Purpose

From Grief to Action (FGTA) offers information and support to family members and friends of people affected by drug use, and works to overcome stereotyping and marginalization by raising public awareness of the issues. We also promote educational and prevention programs which are realistic while upholding abstinence as an ideal.

Working for Improvements

FGTA supports municipal, provincial and federal governments in following through on their commitment to the Vancouver Agreement.

Our Association works to increase access to, and the availability of, treatment and rehabilitation in BC.

We support a harm reduction continuum of care, including needle exchanges and safe injection sites, and we advocate for improvements to the methadone program.

Raising Public Awareness

Addicted youth and their friends and families are often stereotyped and stigmatized by other members of their communities.

FGTA works to raise public awareness. In addition to writing letters and articles, appearing on talk shows, organizing public forums, providing speakers for group or public events, and working with school and health professionals on drug use education and prevention, our Association produces educational materials, including a Coping Kit for families. A video, *From Grief to Action* (see "Resources"), offers a first-hand account of life with, and as, a young person with an addiction.

Providing Mutual Support

PARENTS IN ACTION AND PARENTS FOREVER are self-help groups offering regular, ongoing support for parents and family members dealing with the day-to-day challenges of having an addicted person in the family.

Without giving direction or passing judgment, we share our experiences, offer understanding and caring, and provide support whenever it is needed.

By focusing on issues such as supporting without enabling and sharing information on treatment options, we learn to take care of ourselves, and, most importantly, find ways to maintain a relationship with our loved ones.

How We Help

Resources

Parents Forever (*facilitator-led*)
Meeting dates are listed on the website (www.fgta.ca) under Support Groups.

Parents in Action (*self-directed*)
On request (info@fgta.ca), a Board member will meet on the telephone with parent teams interested in starting a mutual support group in their community. You can download the comprehensive guidebook *How to Start and Run a Parent Support Group* from www.fgta.ca.

The Coping Kit: Dealing with Drug Addiction in Your Family

This booklet contains tips for identifying signs of drug use, strategies for meeting day-to-day challenges, and answers to a variety of questions about drugs and addiction. A list of recommended books is included, but all other resource listings have been removed from the online copy in favour of the more current online information.

Speakers—To help expand your group's understanding of drug use, treatment, and its effect on family and friends, please ask us about a speaker.

Video— download our information sheet on the documentary *From Grief to Action*. Distribution rights depend on intended use. A **Teachers' Guide** for classroom use is also downloadable.

For all resources, go to www.fgta.ca.