



# THE SANCTUARY

## **What is The Sanctuary?**

The Sanctuary is a Registered Charity which provides a safe environment for recovering alcoholics and family members where they can receive information concerning their addiction, as well as practical help and support in creating a healthy lifestyle.

We are a small and friendly organization with excellent accommodation for the provision of treatment and there is access for the disabled. There is a chapel/quiet room and a lovely garden for peace and relaxation.

## **Care plans**

We offer one-to-one counseling plus support for families and their co-dependents as we understand that they too can suffer the distress of shame, guilt, isolation, despair, low self-esteem, blame, poor self-image and so on, that can be overcome through the process of counseling and self-investigation.

## **Staff**

Our staff are fully qualified, experienced and dedicated. They are supported by volunteers. All staff attend external training on regular basis and are continually working to increase their professional as well as their personal development, thus enabling them to provide a high quality service.

**If you require further information about our services please contact**

## **The Sanctuary**

Marcella

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