



DID YOUR PARENT(S) DRINK A LOT WHEN YOU WERE A CHILD?

As an adult, do you experience a combination of any of these?

Anxiety

Depression

Trust Issues

Many don't make the connection between living with a parent(s) that drank too much and present issues.

Struggle with your feelings

Feel happier when in control

Low self-esteem/confidence



Keep people at arms length

Relationship issues

Overthink things

People Pleasing

Need for approval

Not feeling safe

**YOU AREN'T ALONE.
JOIN OUR "DAUGHTERS OF ALCOHOLICS"
FACEBOOK GROUP
FOR SUPPORT, COMFORT AND PEACE**



CALL ME NOW

07732 403305



GET SUPPORT

JOHUEY.CO.UK