



Welcome to ToughLove

'We're glad to see you ... we're sorry you had to come.'

With those words countless newcomers have been welcomed to TOUGHLOVE® groups all over the

world.

TOUGHLOVE® is a loving solution for families that are being torn apart by unacceptable behaviour, be it drugs, alcohol, substance, verbal or physical abuse.

When your family is in crisis and you don't know where to turn - TOUGHLOVE® offers really effective, practical support.

Thousands of people worldwide have been helped by TOUGHLOVE®. We will never tell you what to do, but will assist you in providing a structure in dealing with this most complex of family problems. The longer you leave it, the deeper you are likely to sink into resolving an issue where your loved one simply cannot extricate himself/herself.

TOUGHLOVE® started in South Africa in 1988 with one group, and is presently offering thirteen groups nationwide. TOUGHLOVE® is a self help, family support

group for any person, who is troubled by a loved one's disruptive behaviour. In other words, we help the families of abusers to recover from the devastating effects that substance abuse has on them. We cover any form of unacceptable behaviour, substance abuse, addiction and support the family through any crisis they may be facing. TOUGHLOVE® is not run by professionals, it is run by family members who have practiced the principles and have an abuser in their families.

TOUGHLOVE® is not affiliated to any organization religious, political or social.

Please read more about TOUGHLOVE® and then find out your closest location in South Africa.

The Head Office help line is 0861 868 445 (0861 TOUGHL).

www.toughlove.org.za