



Family Sessions



We are now offering a new service in the form of family sessions, which provide an opportunity for some or all family members to come together to discuss the issues around a loved one's alcohol use, substance use or gambling.

During the sessions we negotiate the ground rules for the family, tapping in on the family values. We work together as a team, discussing everyone's concerns and agree on the support that can be provided by each family member and the group as a whole.

The meetings are informal, non-accusatory and an opportunity for each person to tell their story and be heard without judgement. It is not mediation or family therapy but a chance to collaborate and agree on a plan for the future. It complements what our counselling service already provides.

The sessions usually take place within our offices, however we are flexible and can discuss mutually convenient locations.



What we offer

TCA is an independent voluntary sector agency working with people who are experiencing problems with their own or another person's alcohol/substance use or gambling. We provide one to one counselling, group support, mentoring and befriending for anyone in the Dundee, Angus or Perth areas.



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