

because of the anger and blame the individual often projects onto others.

An alcoholic's drinking is out of control and is physically and emotionally at risk.

You Can Help

Although no one can take responsibility for the choices another person makes in life, you can help a friend, co-worker, or family member by caring enough to mirror his/her real behaviour and confront him/her with the negative consequence of the drinking. Before finding the motivation to change or seek help, a person may have to experience some pain and discomfort. This is what

Alcoholics Anonymous refers to as "Tough Love". This is one situation where covering up or keeping silent will hurt more than help.

In the workplace one should not try to diagnose the "cause" of the problem, but restrict criticism to work performance, document continued deterioration and call the E.A.P. advisor for information.

A Positive Note

Chemical dependency can be successfully treated. There are many resources available to help the individual and family members to a very productive recovery.

Foreign Service Community Association

Each year in the fall, the executive and members of the FSCA are pleased to invite members of the department and their spouses to join us in welcoming back to Ottawa those of our colleagues who have just returned from posting. We hope that as many of you as possible will be able to join us either for coffee or sherry -- or both. See you there!

COFFEE

WEDNESDAY, OCTOBER 11, 1989

10:00 a.m. - 12:00 noon

Crush Lobby, Lester B. Pearson Building and/or

SHERRY

WEDNESDAY, OCTOBER 18, 1989

5:00 - 7:00 P.M.

Crush Lobby, Lester B. Pearson Building

FOREIGN SERVICE COMMUNITY ASSOCIATION
125 Sussex Drive, Ottawa, Ontario K1A 0G2

- Membership Application
- Fee: \$15.00 per year
\$20.00 per family

Name:

Postal address:

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Telephone No.: Home Office

Name of Spouse (if married):

Memberships are due in January of each year.

Tel.: (613) 993-5729