

ME-WE FAMILY EDUCATION AND SUPPORT GROUP ONLINE PROGRAM

THE ISSUE:

Concerned about a loved one's use of alcohol or other drugs? **You're not alone and there is help.** Substance use disorder/addiction negatively impacts the user's life and the lives of those who love them. It's estimated that in America today, 48.5 million people 12 years of age and older meet the diagnostic criteria for some level of substance use disorder. Surveys suggest that for each individual who suffers from substance use disorder 3 to 5 other people are adversely impacted. This suggests that millions of others most of whom are family members have been directly or indirectly effected. Thoughts like, "it can't happen in my family" or "it's just a phase they're going through" can fuel years of denial, during which time overwhelming emotional and financial difficulties take their toll. The stigma associated with addiction along with a lack of understanding of what causes substance use disorder prevents many parents, spouses, other family members and concerned others from identifying the problem and seeking appropriate help. For most people, trying to navigate the consequences of a loved one's addiction feels next to impossible.

ABOUT THE PROGRAM

- WHO:** Parents, spouses, other family members or significant others who are concerned about a loved one's abuse or addictive use of alcohol, other drugs or substances.
- WHAT:** The **Education Session** provides information covering a variety of topics to help family members understand addiction as a brain disorder, how addictive behaviors impact the family, and healthy ways for family members/concerned others to respond to their addicted loved one's behaviors without trying to manage those behaviors. To receive the greatest benefit from the program it is recommended that participants attend at least one rotation of the 12-week sessions presented.
- The **Support Group** provides a safe, caring and supportive environment for participants which helps them realize they are not alone as well as supporting them in their efforts to make healthier choices for themselves and in response to those they love.
- WHERE:** Online access only. (Requires a computer, I-Pad, Tablet or Smart Phone)
- WHEN:** Friday evenings from 6:00 p.m. – 8:00 p.m.
To register call 216 780-3883 Mon. – Fri. 11:00 a.m. – 4:30 p.m.
- STAFFING:** Facilitation of both group services are provided by Jim Joyner, Licensed Independent Chemical Dependency Counselor – Clinical Supervisor (LICDC-CS) with over 53 years of professional experience in the field of substance use disorder treatment, prevention, training/education and consultation services.

ME-WE Family Education and Support Group

Friday Schedule January – June 2026

6:00 p.m. – 8:00 p.m.

(The topics listed are those which will be covered in the Education Groups.)

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| January 2, 2026 | Alcohol, Cannabis and Nicotine: America's Drugs of Choice |
| January 9, 2026 | America's Other Drugs |
| January 16, 2026 | Signs, Symptoms and Risk Factors |
| January 23, 2026 | Addiction and The Family Dis-Ease |
| January 30, 2026 | Enabling: When Helping Hurts |
| February 6, 2026 | Boundaries vs Rules: The Things You Can and Can Not Change |
| February 13, 2026 | Understanding Treatment |
| February 20, 2025 | Memo to Self (DVD) Part 1 |
| February 27, 2026 | Memo to Self (DVD) Part 2 |
| March 6, 2026 | Recovery and Relapse: Having a Plan |
| March 13, 2026 | Neurobiology of Substance Use Disorder: From The Inside Out |
| March 20, 2026 | Pleasure Unwoven (DVD) |
| March 27, 2026 | Alcohol, Cannabis and Nicotine: America's Drugs of Choice |
| April 3, 2026 | America's Other Drugs |
| April 10, 2026 | Signs, Symptoms and Risk Factors |
| April 17, 2026 | Addiction and The Family Dis-Ease |
| April 24, 2026 | Enabling: When Helping Hurts |
| May 1, 2026 | Boundaries vs Rules: The Things You Can and Can Not Change |
| May 8, 2026 | Understanding Treatment |
| May 15, 2026 | Memo to Self (DVD) Part 1 |
| May 22, 2026 | Memo to Self (DVD) Part 2 |
| May 29, 2026 | Recovery and Relapse: Having a Plan |
| June 5, 2026 | Neurobiology of Substance Use Disorder: From The Inside Out |
| June 12, 2026 | Pleasure Unwoven (DVD) |
| June 19, 2026 | Alcohol, Cannabis and Nicotine: America's Drugs of Choice |
| June 26, 2026 | America's Other Drugs |

Topics can change without notice. Please call 216 780-3883 if you have any questions.

"Now that you know, there's no reason not to make a difference."

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Revised: Beginning 1-2026