

ME-WE FAMILY EDUCATION AND SUPPORT GROUP

ONLINE PROGRAM

THE ISSUE:

Concerned about a loved one's use of alcohol or other drugs? Addiction negatively impacts the user's life and the lives of those who love them. It's estimated that there are 40.3 million people in the United States 12 years and older who meet the criteria for substance use disorder. Studies suggest that 5 to 6 other people primarily family members are negatively impacted by their loved one's addictive behaviors. That means that there could be as many as 246 million individuals whose lives have been impacted by addiction. Thoughts like, "it can't happen in my family" or "it's just a phase they're going through" can and do fuel years of denial, during which time overwhelming emotional and financial difficulties take their toll. The stigma associated with addiction prevents family members from identifying the problem and seeking appropriate help. For most people, recognizing the realities of addiction and making healthy choices for themselves feels next to impossible. **You're not alone and there is help.**

WHO: Parents, spouses, other family members or significant others who are concerned about a loved one's alcohol or other drug use.

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 taking responsibility for them. To receive the greatest benefit from the program it is recommended that you attend all 12 sessions presented, along with the support group.

The **Support Group** provides a caring environment for those seeking insight and support. It assists them in making healthier choices for themselves and those they love in response to the negative impact of a loved one's addictive behaviors.

WHERE: Online (Access program by computer, I-Pad or Smart phone)

WHEN: Friday evenings from 6:00 pm – 8:00 pm (ET)

STAFFING: Coordination and facilitation of both group services are provided by Jim Joyner, Licensed Independent Chemical Dependency Counselor – Clinical Supervisor. Jim has over 50 years of professional experience in the field of alcohol, other drug and substance use treatment, prevention, training and consultation services.

ME-WE Family Education and Support Group

Wednesday Schedule - 2022

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

June 29, 2022	Neurobiology of Substance Use Disorder: From The Inside Out
July 6, 2022	Alcohol and Other Drugs, What You Should Know
July 13, 2022	Substance Use Disorder and The Family Dis-Ease
July 20, 2022	Enabling and Codependency: When Helping Hurts
July 27, 2022	Boundaries and Rules: The Things You Can and Can Not Change
August 3, 2022	Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home
August 10, 2022	Memo to Self (DVD) Part 1
August 17, 2022	Memo to Self (DVD) Part 2
*August 24, 2022	Neurobiology of Substance Use Disorder: From The Inside Out
August 31, 2022	Pleasure Unwoven (DVD) Part 1
September 7, 2022	Pleasure Unwoven (DVD) Part 2
September 14, 2022	Alcohol and Other Drugs: What You Should Know
September 21, 2022	Signs, Symptoms and Risk Factors
September 28, 2022	Addiction and The Family Dis-Ease
October 5, 2022	Enabling: When Helping Hurts
October 12, 2022	Boundaries vs Rules: The Things You Can and Can Not Change
October 19, 2022	Understanding Treatment
October 26, 2022	Memo to Self (DVD) Part 1
November 2, 2022	Memo to Self (DVD) Part 2
November 9, 2022	Recovery and Relapse: Having a Plan
November 16, 2022	Neurobiology of Substance Use Disorder: From The Inside Out
November 23, 2022	Pleasure Unwoven (DVD) Part 1
November 30, 2022	Pleasure Unwoven (DVD) Part 2
December 7, 2022	Alcohol and Other Drugs: What You Should Know
December 14, 2022	Signs, Symptoms and Risk Factors
December 21, 2022	Addiction and The Family Dis-Ease
December 28, 2022	Enabling: When Helping Hurts

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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