

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: Tuesday 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

Tuesday Schedule - 2022

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

June 28, 2022	Memo to Self (DVD) Part 1
July 5, 2022	Memo to Self (DVD) Part 2
July 12, 2022	Neurobiology of Substance Use Disorder: From The Inside Out
July 19, 2022	Pleasure Unwoven (DVD) Part 1
July 26, 2022	Pleasure Unwoven (DVD) Part 2
August 2, 2022	Alcohol and Other Drugs: What You Should Know
August 9, 2022	Signs, Symptoms and Risk Factors
August 16, 2022	Addiction and The Family Dis-Ease
August 23, 2022	Enabling: When Helping Hurts
August 30, 2022	Boundaries vs Rules: The Things You Can and Can Not Change
September 6, 2022	Understanding Treatment
September 13, 2022	Memo to Self (DVD) Part 1
September 20, 2022	Memo to Self (DVD) Part 2
September 27, 2022	Recovery and Relapse: Having a Plan
October 4, 2022	Neurobiology of Substance Use Disorder: From The Inside Out
October 11, 2022	Pleasure Unwoven (DVD) Part 1
October 18, 2022	Pleasure Unwoven (DVD) Part 2
October 25, 2022	Alcohol and Other Drugs: What You Should Know
November 1, 2022	Signs, Symptoms and Risk Factors
November 8, 2022	Addiction and The Family Dis-Ease
November 15, 2022	Enabling: When Helping Hurts
November 22, 2022	Boundaries vs Rules: The Things You Can and Can Not Change
November 29, 2022	Understanding Treatment
December 6, 2022	Memo to Self (DVD) Part 1
December 13, 2022	Memo to Self (DVD) Part 2
December 20, 2022	Recovery and Relapse: Having a Plan
December 27, 2022	Neurobiology of Substance Use Disorder: From The Inside Out

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 7-2022