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: **In person** at the Cove Community Center, 12525 Lake Avenue, Lakewood, Ohio or **online** via zoom invite. **Must** be preregistered to participate. (Requires a computer, I-Pad, Tablet or Smart Phone)

WHEN: Saturday from 10:00 a.m. – 12:00 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

Saturday Schedule July – December 2026

10:00 a.m. – 12:00 p.m.

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

July 4, 2026	**NO GROUP**
July 11, 2026	Enabling: When Helping Hurts
July 18, 2026	Boundaries vs Rules: The Things You Can and Can Not Change
July 25, 2026	**NO GROUP**
August 1, 2026	Understanding Treatment
August 8, 2025	Memo to Self (DVD) Part 1
August 15, 2026	Memo to Self (DVD) Part 2
August 22, 2026	Recovery and Relapse: Having a Plan
August 29, 2026	**VIRTUAL ONLY -** Neurobiology of Substance Use Disorder: From The Inside Out
September 5, 2026	**NO GROUP**
September 12, 2026	Pleasure Unwoven (DVD)
September 19, 2026	Alcohol, Cannabis and Nicotine: America's Drugs of Choice
September 26, 2026	America's Other Drugs
October 3, 2026	Signs, Symptoms and Risk Factors
October 10, 2026	Addiction and The Family Dis-Ease
October 17, 2026	Enabling: When Helping Hurts
October 24, 2026	Boundaries vs Rules: The Things You Can and Can Not Change
October 31, 2026	Understanding Treatment
November 7, 2026	Memo to Self (DVD) Part 1
November 14, 2026	Memo to Self (DVD) Part 2
November 21, 2026	Recovery and Relapse: Having a Plan
November 28, 2026	Neurobiology of Substance Use Disorder: From The Inside Out
December 5, 2026	Pleasure Unwoven (DVD)
December 12, 2026	Alcohol, Cannabis and Nicotine: America's Drugs of Choice
December 19, 2026	America's Other Drugs
December 26, 2026	**NO GROUP**

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."

Joyner and Associates LLC, P. O. BOX 181310, Cleveland Heights, Ohio 44118
(216) 780-3883
Email: joynerandassoc2009@gmail.com
Web page: joynerandassociates.com

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