

## 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, 46.3 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:** Parent, spouse, other family member or significant other who are concerned about a loved one's misuse of 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 education sessions presented, along with the support group.
- 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:** Tuesday 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 50 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**

## **Tuesday Schedule 2023**

**6:00 p.m. – 8:00 p.m.**

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

June 6, 2023	<b>Recovery and Relapse: Having a Plan</b>
June 13, 2023	<b>Neurobiology of Substance Use Disorder: From The Inside Out</b>
June 20, 2023	<b>NO GROUP – Internet DOWN</b>
June 27, 2023	<b>Pleasure Unwoven (DVD) Part 1</b>
<b>July 4, 2023</b>	<b>NO GROUP</b>
July 11, 2023	<b>Pleasure Unwoven (DVD) Part 2</b>
July 18, 2023	<b>Alcohol and Other Drugs: What You Should Know</b>
July 25, 2023	<b>Signs, Symptoms and Risk Factors</b>
August 1, 2023	<b>Addiction and The Family Dis-Ease</b>
August 8, 2023	<b>Enabling: When Helping Hurts</b>
August 15, 2023	<b>Boundaries vs Rules: The Things You Can and Can Not Change</b>
August 22, 2023	<b>Understanding Treatment</b>
August 29, 2023	<b>Memo to Self (DVD) Part 1</b>
September 5, 2023	<b>Memo to Self (DVD) Part 2</b>
September 12, 2023	<b>Recovery and Relapse: Having a Plan</b>
September 19, 2023	<b>Neurobiology of Substance Use Disorder: From The Inside Out</b>
September 26, 2023	<b>Pleasure Unwoven (DVD) Part 1</b>
October 3, 2023	<b>Pleasure Unwoven (DVD) Part 2</b>
October 10, 2023	<b>Alcohol and Other Drugs: What You Should Know</b>
October 17, 2023	<b>Sign, Symptoms and Risk Factors</b>
October 24, 2023	<b>Addiction and The Family Dis-Ease</b>
October 31, 2023	<b>Enabling: When Helping Hurts</b>
November 7, 2023	<b>Boundaries vs Rules: The Things You Can and Can Not Change</b>
November 14, 2023	<b>Understanding Treatment</b>
November 21, 2023	<b>Memo to Self (DVD) Part 1</b>
November 28, 2023	<b>Memo to Self (DVD) Part 2</b>
December 5, 2023	<b>Recovery and Relapse: Having a Plan</b>
December 12, 2023	<b>Neurobiology of Substance Use Disorder: From The Inside Out</b>
December 19, 2023	<b>Pleasure Unwoven (DVD) Part 1</b>
December 26, 2023	<b>Pleasure Unwoven (DVD) Part 2</b>

**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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