

ME-WE FAMILY EDUCATION AND SUPPORT GROUP

VIRTUAL PROGRAM

THE ISSUE: Concerned about a loved one's use of alcohol or other drugs? **You're not alone and there is help.** Addiction negatively impacts the user's life and the lives of those who love them. It's estimated that 1 out of 10 people who use alcohol and as many as 6 out of 10 who use other drugs, develop alcoholism or other drug addiction and dependency. 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 a 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 therefore making healthy choices for themselves feels next to impossible.

WHO: Parent, spouse, other family member or significant other who are concerned about a loved one's 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 taking responsibility for them. To receive the greatest benefit from the program it is recommended that you attend all 10 sessions presented, along with the **Support Group**.

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

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

WHEN: Wednesday evenings from 6:00 pm – 8:00 pm

STAFFING: Coordination and facilitation of both group services are provided by Jim Joyner, Licensed Independent Chemical Dependency Counselor – Clinical Supervisor (LICDC-CS) with over 49 years of experience in the field of alcohol, other drug and substance treatment, prevention, training and consultation services.

ME-WE Family Education Session Schedule

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

January 6, 2021	Enabling and Codependency: When Helping Hurts
January 13, 2021	Boundaries and Rules: The Things You Can and Can Not Change
January 20, 2021	Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home
January 27, 2021	Memo to Self (DVD) Part 1
February 3, 2021	Memo to Self (DVD) Part 2
February 10, 2021	Pleasure Unwoven (DVD) Part 1
February 17, 2021	Pleasure Unwoven (DVD) Part 2
February 24, 2021	Neurobiology of Substance Use Disorder: From The Inside Out
March 3, 2021	Alcohol and Other Drugs, What You Should Know
March 10, 2021	Substance Use Disorder and The Family Dis-Ease
March 17, 2021	Enabling and Codependency: When Helping Hurts
March 24, 2021	Boundaries and Rules: The Things You Can and Can Not Change
March 31, 2021	Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home
April 7, 2021	Memo to Self (DVD) Part 1
April 14, 2021	Memo to Self (DVD) Part 2
April 21, 2021	Pleasure Unwoven (DVD) Part 1
April 28, 2021	Pleasure Unwoven (DVD) Part 2
May 5, 2021	Neurobiology of Substance Use Disorder: From The Inside Out
May 12, 2021	Alcohol and Other Drugs, What You Should Know
May 19, 2021	Substance Use Disorder and The Family Dis-Ease
May 26, 2021	Enabling and Codependency: 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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