

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 Smart phone)

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 Topics

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

September 2, 2020	Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home
September 9, 2020	Memo to Self (DVD) Part 1
September 16, 2020	Memo to Self (DVD) Part 2
September 23, 2020	Pleasure Unwoven (DVD) Part 1
September 30, 2020	Pleasure Unwoven (DVD) Part 2
October 7, 2020	Neurobiology of Substance Use Disorder: From The Inside Out
October 14, 2020	Alcohol and Other Drugs, What You Should Know
October 21, 2020	Substance Use Disorder and The Family Dis-Ease
October 28, 2020	Enabling and Codependency: When Helping Hurts
November 4, 2020	Boundaries and Rules: The Things You Can and Can Not Change
November 11, 2020	Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home
November 18, 2020	Memo to Self (DVD) Part 1
November 25, 2020	Memo to Self (DVD) Part 2
December 2, 2020	Pleasure Unwoven (DVD) Part 1
December 9, 2020	Pleasure Unwoven (DVD) Part 2
December 16, 2020	Neurobiology of Substance Use Disorder: From The Inside Out
December 23, 2020	Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home
December 30, 2020	Substance Use Disorder and The Family Dis-Ease

Topics can change without notice. Please call 216 780-3883 if you have any questions.

“Making A Difference, Now That You Know”

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