

## **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:** Wednesday 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**

## **Wednesday Schedule 2023**

**6:00 p.m. – 8:00 p.m.**

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

June 7, 2022	<b>Signs, Symptoms and Risk Factors</b>
June 14, 2022	<b>Addiction and The Family Dis-Ease</b>
June 21, 2023	<b>Enabling: When Helping Hurts</b>
June 28, 2023	<b>Boundaries vs Rules: The Things You Can and Can Not Change</b>
July 5, 2023	<b>Understanding Treatment</b>
July 12, 2023	<b>Memo to Self (DVD) Part 1</b>
July 19, 2023	<b>Memo to Self (DVD) Part 2</b>
July 26, 2023	<b>Recovery and Relapse: Having a Plan</b>
August 2, 2023	<b>Neurobiology of Substance Use Disorder: From The Inside Out</b>
August 9, 2023	<b>Pleasure Unwoven (DVD) Part 1</b>
August 16, 2023	<b>Pleasure Unwoven (DVD) Part 2</b>
August 23, 2023	<b>Alcohol and Other Drugs: What You Should Know</b>
August 30, 2023	<b>Signs, Symptoms and Risk Factors</b>
September 6, 2023	<b>Addiction and The Family Dis-Ease</b>
September 13, 2023	<b>Enabling: When Helping Hurts</b>
September 20, 2023	<b>Boundaries vs Rules: The Things You Can and Can Not Change</b>
September 27, 2023	<b>Understanding Treatment</b>
October 4, 2023	<b>Memo to Self (DVD) Part 1</b>
October 11, 2023	<b>Memo to Self (DVD) Part 2</b>
October 18, 2023	<b>Recovery and Relapse: Having a Plan</b>
October 25, 2023	<b>Neurobiology of Substance Use Disorder: From The Inside Out</b>
November 1, 2023	<b>Pleasure Unwoven (DVD) Part 1</b>
November 8, 2023	<b>Pleasure Unwoven (DVD) Part 2</b>
November 15, 2023	<b>Alcohol and Other Drugs: What You Should Know</b>
November 22, 2023	<b>Signs, Symptoms and Risk Factors</b>
November 29, 2023	<b>Addiction and The Family Dis-Ease</b>
December 6, 2023	<b>Enabling: When Helping Hurts</b>
December 13, 2023	<b>Boundaries vs Rules: The Things You Can and Can Not Change</b>
December 20, 2023	<b>Understanding Treatment</b>
December 27, 2023	<b>Memo to Self (DVD) Part 1</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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