

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 January - June 2024

6:00 p.m. – 8:00 p.m.

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

January 3, 2024	Memo to Self (DVD) Part 2
January 10, 2024	Recovery and Relapse: Having a Plan
January 17, 2024	Neurobiology of Substance Use Disorder: From The Inside Out
January 24, 2024	Pleasure Unwoven (DVD)
January 31, 2024	Alcohol, Cannabis and Nicotine: America's Drugs of Choice
February 7, 2024	America's Other Drugs
February 14, 2024	Signs, Symptoms and Risk Factors
February 21, 2024	Addiction and The Family Dis-Ease
February 28, 2024	Enabling: When Helping Hurts
March 6, 2024	Boundaries vs Rules: The Things You Can and Can Not Change
March 13, 2024	Understanding Treatment
March 20, 2024	Memo to Self (DVD) Part 1
March 27, 2024	Memo to Self (DVD) Part 2
April 3, 2024	Recovery and Relapse: Having a Plan
April 10, 2024	Neurobiology of Substance Use Disorder: From The Inside Out
April 17, 2024	Pleasure Unwoven (DVD)
April 24, 2024	Alcohol, Cannabis and Nicotine: America's Drugs of Choice
May 1, 2024	America's Other Drugs
May 8, 2024	Signs, Symptoms and Risk Factors
May 15, 2024	Addiction and The Family Dis-Ease
May 22, 2024	Enabling: When Helping Hurts
May 29, 2024	Boundaries vs Rules: The Things You Can and Can Not Change
June 5, 2024	Understanding Treatment
June 12, 2024	Memo to Self (DVD) Part 1
June 19, 2024	Memo to Self (DVD) Part 2
June 26, 2024	Recovery and Relapse: Having a Plan

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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