

## ME-WE

# FAMILY EDUCATION AND SUPPORT GROUP ONLINE PROGRAM

Sponsored by LCADA Way, Inc.

**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 have a loved one currently enrolled in treatment services provided by LCADA Way, Inc.

**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:** Every Tuesday evening from 6:00 p.m. – 8:00 p.m. (Unless otherwise scheduled)

**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 Schedule**

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

January 5, 2021	<b>Neurobiology of Substance Use Disorder: From The Inside Out</b>
January 12, 2021	<b>Alcohol and Other Drugs, What You Should Know</b>
January 19, 2021	<b>Substance Use Disorder and The Family Dis-Ease</b>
January 26, 2021	<b>Enabling and Codependency: When Helping Hurts</b>
February 2, 2021	<b>Boundaries and Rules: The Things You Can and Can Not Change</b>
February 9, 2021	<b>Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home</b>
February 16, 2021	<b>NO GROUP</b>
February 23, 2021	<b>Memo to Self (DVD) Part 1</b>
March 2, 2021	<b>Memo to Self (DVD) Part 2</b>
March 9, 2021	<b>Pleasure Unwoven (DVD) Part 1</b>
March 16, 2021	<b>Pleasure Unwoven (DVD) Part 2</b>
March 23, 2021	<b>Neurobiology of Substance Use Disorder: From The Inside Out</b>
March 30, 2021	<b>Alcohol and Other Drugs, What You Should Know</b>
April 6, 2021	<b>Substance Use Disorder and The Family Dis-Ease</b>
April 13, 2021	<b>Enabling and Codependency: When Helping Hurts</b>
April 20, 2021	<b>Boundaries and Rules: The Things You Can and Can Not Change</b>
April 27, 2021	<b>Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home</b>
May 4, 2021	<b>Memo to Self (DVD) Part 1</b>
May 11, 2021	<b>Memo to Self (DVD) Part 2</b>
May 18, 2021	<b>Pleasure Unwoven (DVD) Part 1</b>
May 25, 2021	<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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