

# **FAMILY EDUCATION AND SUPPORT GROUP**

## **St. Alban's Episcopal Church – Cleveland Hts., Ohio**

### ***The Concern***

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.

### ***The Education Group***

The goal of ***The Education Group*** is to provide participants with basic information that will assist them in making healthy choices for themselves and those they love. ***The Education Group*** meets from 6:00 p.m. - 7:15 p.m.

### ***The Family Support Group***

The ***Family Support Group*** is an open-ended unlimited group experience designed and conducted primarily for parents, spouses and other family members who are concerned about a loved one's harmful use of alcohol or other drugs. It is not a 12 step community based self-help support group. ***The Family Support Group*** provides a structured, caring environment for individuals seeking support for making healthier choices for themselves and those they love. Participants are free to share their common strength and hope through their past and present experiences, without fear of reprisal, judgment or negative feedback. ***The Family Support Group*** meets from 7:15 p.m. - 8:30 p.m. immediately after ***The Education Group***.

### ***Fee***

Participation is free however donations are welcomed to offset the program costs which are sponsored by Episcopal Community Services, grants and individual donations.

### ***Program Location***

**St. Alban's Episcopal Church**, 2555 Euclid Heights Blvd., Cleveland Heights, Ohio 44106. The program meets in the Community Room, door off the parking lot upstairs.

### ***Staffing***

Coordination and facilitation of both group services are provided by Jim Joyner, Licensed Independent Chemical Dependency Counselor Clinical Supervisor (LICDC-CS) with 47 years of continuous experience in the field of alcohol and other drug addiction, treatment, prevention, education and intervention services. Jim is the Founder of Joyner and Associates LLC. The mailing address is Joyner and Associates LLC, P. O. BOX 181310, Cleveland Heights, Ohio 44118. If you have a question or would like more information call (216) 780-3883 or visit our web page at [joynerandassociates.com](http://joynerandassociates.com).

**St. Alban's Episcopal Church  
Family Education & Support Group Program**

**Meeting Dates and Topics  
December 12, 2018 – July 24, 2019**

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

December 12, 2018	The Neurobiology of Addiction
December 26, 2018	<b>NO GROUP</b>
January 9, 2019	Alcohol & Other Drugs, What You Should Know
January 23, 2019	Addiction and The Family Dis-Ease
February 6, 2019	Enabling, When Helping Hurts
February 20, 2019	Boundaries & Rules, The Things You Can and Can't Change
March 6, 2019	Understanding The Intervention Process
March 20, 2019	Understanding Treatment, Recovery, Relapse and What to Do Before They Come Home
April 3, 2019	Opiates: <b>"Chasing the Dragon" DVD</b>
April 17, 2019	Addiction Not a Choice: <b>"Pleasure Unwoven" DVD</b>
May 1, 2019	Substance Use Disorder, Not Your Fault, Not Your Fix, Not Your Fight
May 15, 2019	Alcohol & Other Drugs, What You Should Know
May 29, 2019	Addiction and The Family Dis-Ease
June 12, 2019	Enabling, When Helping Hurts
June 26, 2019	Boundaries & Rules, The Things You Can and Can't Change
July 10, 2019	Understanding The Intervention Process
July 24, 2019	Understanding Treatment, Recovery, Relapse and What to Do Before They Come Home

**Topics can change without notice. Please call 216 780-3883 to confirm your participation in the education group.**

**"Making a difference, now that you know."**

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