

ME-WE
FAMILY EDUCATION AND SUPPORT GROUPS
St. Paul'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

There is no fee to participate however donations are welcome. This program is supported through private and in-kind donations made through St. Paul's Episcopal Church, designated for the ME-WE Family Education and Support Group Program.

Program Location

St. Paul's Episcopal Church, 2747 Fairmount Blvd., Cleveland Heights, Ohio 44106.

Staffing

Coordination and facilitation of both group services are provided by Jim Joyner, Licensed Independent Chemical Dependency Counselor Clinical Supervisor (LICDC-CS) with 48 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 call (216) 780-3883 or visit our web page at joynerandassociates.com.

ME-WE
Family Education & Support Group Program
Meeting Dates and Topics

January 8, 2020 – July 8, 2020

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

January 8, 2020	Addiction Not a Choice: “Pleasure Unwoven” DVD
January 22, 2020	Substance Use Disorder, Not Your Fault, Not Your Fix, Not Your Fight
February 5, 2020	Alcohol & Other Drugs, What You Should Know
February 19, 2020	Addiction and The Family Dis-Ease
March 4, 2020	Enabling, When Helping Hurts
March 18, 2020	Boundaries & Rules, The Things You Can and Can’t Change
April 1, 2020	Understanding the Intervention Process
April 15, 2020	Understanding Treatment, Recovery, Relapse and What to Do before They Come Home
April 29, 2020	Surviving the First Year of Sobriety: “Memo to Self” DVD
May 13, 2020	Addiction Not a Choice: “Pleasure Unwoven” DVD
May 27, 2020	Substance Use Disorder, Not Your Fault, Not Your Fix, Not Your Fight
June 10, 2020	Alcohol & Other Drugs, What You Should Know
June 24, 2020	Addiction and The Family Dis-Ease
July 8, 2020	Enabling, When Helping Hurts

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

“Now that you know, there’s no reason not to make a difference.”

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