

**ME-WE**  
**FAMILY EDUCATION AND SUPPORT GROUP PROGRAM**  
**Sponsored by Stella Maris**  
**Cleveland, 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 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 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. or immediately after ***The Education Group***.

***Fee***

Program services are free and open to persons who are concerned about a loved one's abuse or addictive use of alcohol and or other drugs.

***Program Location and Hours***

Stella Maris (Cafeteria), 1320 Washington Avenue, Cleveland, Ohio 44113, every Friday evening 6:00 p.m. – 8:30 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 48 years of continuous experience in the field of alcohol and other drug addiction, treatment, prevention, education and intervention services. Jim has an ample foundation of knowledge and experiences to assist those family members negatively impacted by a loved one's abuse and addictive use of alcohol, other drugs and substances.

**ME-WE**  
**Family Education & Support Group Program Schedule**

**Meeting Dates and Topics**  
**January 3, 2020 – May 15, 2020**

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

**Stella Maris Schedule**

January 3, 2019	Boundaries & Rules, The Things You Can and Can't Change
January 10, 2020	Understanding The Intervention Process
January 17, 2020	<b>NO GROUP</b>
January 24, 2020	Understanding Treatment, Recovery, Relapse and What to Do before They Come Home
January 31, 2020	Surviving The First Year of Sobriety: <b>"Memo to Self" DVD</b>
February 7, 2020	Addiction Not a Choice: <b>"Pleasure Unwoven" DVD</b>
February 14, 2020	Substance Use Disorder, Not Your Fault, Not Your Fix, Not Your Fight
February 21, 2020	Alcohol and Other Drugs, What We Should Know
February 28, 2020	Addiction and The Family Dis-Ease
March 6, 2020	Enabling and Codependency, When Helping Hurts
March 13, 2020	Boundaries & Rules, The Things You Can and Can't Change
March 20, 2020	Understanding The Intervention Process
March 27, 2020	Understanding Treatment, Recovery, Relapse and What to Do Before They Come Home
April 3, 2020	Surviving The First Year of Sobriety: <b>"Memo to Self" DVD</b>
April 10, 2020	Addiction Not a Choice: <b>"Pleasure Unwoven" DVD</b>
April 17, 2020	Substance Use Disorder, Not Your Fault, Not Your Fix, Not Your Fight
April 24, 2020	Alcohol & Other Drugs, What You Should Know
May 1, 2020	Addiction and The Family Dis-Ease
May 8, 2020	Enabling, When Helping Hurts
May 15, 2020	Boundaries & Rules, The Things You Can and Can't Change

**Topics and dates 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."**

Joyner and Associates LLC  
P. O. BOX 181310  
Cleveland Heights, Ohio 44118  
(216) 780-3883  
Email: joynerandassoc2009@gmail.com  
Web page: joynerandassociates.com