

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 47 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

July 5, 2019 – November 22, 2019

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

Stella Maris Schedule

July 5, 2019	Addiction Not a Choice: “Pleasure Unwoven” DVD
July 12, 2019	Substance Use Disorder, Not Your Fault, Not Your Fix, Not Your Fight
July 19, 2019	NO GROUP
July 26, 2019	Alcohol and Other Drugs, What We Should Know
August 2, 2019	Addiction and The Family Dis-Ease
August 9, 2019	Enabling and Codependency, When Helping Hurts
August 16, 2019	Boundaries & Rules, The Things You Can and Can’t Change
August 23, 2019	Understanding The Intervention Process
August 30, 2019	Understanding Treatment, Recovery, Relapse and What to Do before They Come Home
September 6, 2019	Opiates: “Chasing the Dragon” DVD
September 13, 2019	Addiction Not a Choice: “Pleasure Unwoven” DVD
September 20, 2019	Substance Use Disorder, Not Your Fault, Not Your Fix, Not Your Fight
September 27, 2019	NO GROUP
October 4, 2019	Alcohol and Other Drugs, What We Should Know
October 11, 2019	Addiction and The Family Dis-Ease
October 18, 2019	Enabling and Codependency, When Helping Hurts
October 25, 2019	Boundaries & Rules, The Things You Can and Can’t Change
November 1, 2019	Understanding The Intervention Process
November 8, 2019	Understanding Treatment, Recovery, Relapse and What to Do before They Come Home
November 15, 2019	Opiates: “Chasing the Dragon” DVD
November 22, 2019	Addiction Not a Choice: “Pleasure Unwoven” DVD

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.”

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