

ME-WE FAMILY EDUCATION AND SUPPORT GROUP VIRTUAL PROGRAM

Sponsored by Stella Maris, Inc. Cleveland, Ohio

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 Stella Maris, 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 Smart phone)

WHEN: Friday evenings from 6:00 pm – 8:00 pm

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 8, 2021	Neurobiology of Substance Use Disorder: From The Inside Out
January 15, 2021	Alcohol and Other Drugs, What You Should Know
January 22, 2021	Substance Use Disorder and The Family Dis-Ease
January 29, 2021	Enabling and Codependency: When Helping Hurts
February 5, 2021	Boundaries and Rules: The Things You Can and Can Not Change
February 12, 2021	Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home
February 19, 2021	Memo to Self (DVD) Part 1
February 26, 2021	Memo to Self (DVD) Part 2
March 5, 2021	Pleasure Unwoven (DVD) Part 1
March 12, 2021	Pleasure Unwoven (DVD) Part 2
March 19, 2021	Neurobiology of Substance Use Disorder: From The Inside Out
March 26, 2021	Alcohol and Other Drugs, What You Should Know
April 2, 2021	Substance Use Disorder and The Family Dis-Ease
April 9, 2021	Enabling and Codependency: When Helping Hurts
April 16, 2021	Boundaries and Rules: The Things You Can and Can Not Change
April 23, 2021	Understanding Treatment, Recovery and Relapse: Having a Plan Before They Come Home
April 30, 2021	Memo to Self (DVD) Part 1
May 7, 2021	Memo to Self (DVD) Part 2
May 14, 2021	Pleasure Unwoven (DVD) Part 1
May 21, 2021	Pleasure Unwoven (DVD) Part 2
May 28, 2021	Neurobiology of Substance Use Disorder: From The Inside Out

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.”

Joyner and Associates LLC, P. O. BOX 181310, Cleveland Heights, Ohio 44118
(216) 780-3883

Email: joynerandassoc2009@gmail.com

Web page: joynerandassociates.com

Revised: 1-3-2021