

ME-WE FAMILY EDUCATION AND SUPPORT GROUP ONLINE PROGRAM

THE ISSUE:

Concerned about a loved one's use of alcohol or other drugs? **You're not alone and there is help.** Substance use disorder/addiction negatively impacts the user's life and the lives of those who love them. It's estimated that in America today, 48.5 million people 12 years of age and older meet the diagnostic criteria for some level of substance use disorder. Surveys suggest that for each individual who suffers from substance use disorder 3 to 5 other people are adversely impacted. This suggests that millions of others most of whom are family members have been directly or indirectly effected. 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 their toll. The stigma associated with addiction along with a lack of understanding of what causes substance use disorder prevents many parents, spouses, other family members and concerned others from identifying the problem and seeking appropriate help. For most people, trying to navigate the consequences of a loved one's addiction feels next to impossible.

ABOUT THE PROGRAM

- WHO:** Parents, spouses, other family members or significant others who are concerned about a loved one's abuse or addictive use of alcohol, other drugs or substances.
- 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 trying to manage those behaviors. To receive the greatest benefit from the program it is recommended that participants attend at least one rotation of the 12-week sessions presented.
- The **Support Group** provides a safe, caring and supportive environment for participants which helps them realize they are not alone as well as supporting them in their efforts to make healthier choices for themselves and in response to those they love.
- WHERE:** **In person** at the Cove Community Center, 12525 Lake Avenue, Lakewood, Ohio or **online** via zoom invite. **Must** be preregistered to participate. (Requires a computer, I-Pad, Tablet or Smart Phone)
- WHEN:** Saturday from 10:00 a.m. – 12:00 p.m.
To register call 216 780-3883 Mon. – Fri. 11:00 a.m. – 4:30 p.m.
- STAFFING:** Facilitation of both group services are provided by Jim Joyner, Licensed Independent Chemical Dependency Counselor – Clinical Supervisor (LICDC-CS) with over 53 years of professional experience in the field of substance use disorder treatment, prevention, training/education and consultation services.

ME-WE Family Education and Support Group

Saturday Schedule January – June 2025

10:00 a.m. – 12:00 p.m.

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

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| January 4, 2025 | Enabling: When Helping Hurts |
| January 11, 2025 | Boundaries vs Rules: The Things You Can and Can Not Change |
| January 18, 2025 | Understanding Treatment |
| January 25, 2025 | Memo to Self (DVD) Part 1 |
| February 1, 2025 | Memo to Self (DVD) Part 2 |
| February 8, 2025 | Recovery and Relapse: Having a Plan |
| February 15, 2025 | Neurobiology of Substance Use Disorder: From The Inside Out |
| February 22, 2025 | Pleasure Unwoven (DVD) |
| March 1, 2025 | Alcohol, Cannabis and Nicotine: America's Drugs of Choice |
| March 8, 2025 | America's Other Drugs |
| March 15, 2025 | Signs, Symptoms and Risk Factors |
| March 22, 2025 | Addiction and The Family Dis-Ease |
| March 29, 2025 | Enabling: When Helping Hurts |
| April 5, 2025 | Boundaries vs Rules: The Things You Can and Can Not Change |
| April 12, 2025 | Understanding Treatment |
| April 19, 2025 | Memo to Self (DVD) Part 1 |
| April 26, 2025 | Memo to Self (DVD) Part 2 |
| May 3, 2025 | Recovery and Relapse: Having a Plan |
| May 10, 2025 | Neurobiology of Substance Use Disorder: From The Inside Out |
| May 17, 2025 | Pleasure Unwoven (DVD) |
| May 24, 2025 | NO GROUP |
| May 31, 2025 | Alcohol, Cannabis and Nicotine: America's Drugs of Choice |
| June 7, 2025 | America's Other Drugs |
| June 14, 2025 | Signs, Symptoms and Risk Factors |
| June 21, 2025 | Addiction and The Family Dis-Ease |
| June 28, 2025 | Enabling: When Helping Hurts |

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."

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