

*Recovery is an ongoing process, for both the person with the addiction and his or her family. In recovery, there is HOPE. And hope is a wonderful thing.”*

*Dean Dauphinais*

Join us in the FAMILY SUPPORT GROUP every other Tuesday, from 6:15 to 7:30 PM to rekindle your HOPE.

Addiction is a disease that impacts the entire family, not just our loved one that is struggling with the addiction itself.

If you find yourself not talking about it, not trusting anyone and just not being able to feel anymore, join our group. The group will help you to:

- Learn Coping Skills;
- Develop a safe support network where you can talk about your feelings and share your thoughts;
- Learn healthy and effective communication skills;
- See how addiction impacts the family system;
- Understand addiction as a disease that can be treated;
- Learn to ask for help; and
- LEARN TO TAKE CARE OF YOURSELF

We hope to see you at the group!

Join Zoom Meeting Info:

<https://zoom.us/j/93033194763?pwd=S3liTHpyYzV2dE1XTUtJMDBFay80Zz09>

Meeting ID: 930 3319 4763

Password: 665098

