

Spotlight Family Support Group

This six-session **Family Support and Educational Group** is intended for family and friends suffering the effects of a loved one's struggle with **addiction**.

Many people do not understand the behaviors of someone struggling with **Substance Use Disorder** and do not know how to help. These sessions will give specific strategies to motivate your loved one to change while assisting you in improving your quality of life.



Where:

Reed Library

1733 Rt 6, Carmel, NY 10512

Thursday Evenings, 6:45-8:00PM

Session Dates:

Oct. 10, 2019: What is Substance Use Disorder?

Oct. 24, 2019: What Role Does the Family Play in Addiction?

Nov. 7, 2019: Motivating Your Loved One to Seek Treatment/Reduce Use

Nov. 21, 2019: Understanding Reinforcers

Dec. 5, 2019: Self-Care Damage Control 1

Dec. 19, 2019: Self-Care Damage Control 2

For more information and to register, please contact:

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