

The Family Educational Group

Wellness and Recovery will be offering a Zoom Family Educational group starting on Monday October the 19th at 6:00pm and Wednesday the 19th at 6:00pm (week 1). It is purely educational, and everyone is welcome to participate. If you are interested, please contact the group facilitator Marcus Patterson CRM, CAD1 by calling the office.

TELEHEALTH PREPARATION TIP

Prior to joining the session, please follow the suggestions below.

1. Find a quiet place to talk.
2. Charge or plug in your device.
3. Avoid distractions.
4. Pencil and paper.

The Family Educational group is not a Family Clinical Therapy group. It is not intended to replace family therapy. The six weeks course is intended to educate family members on the following topics:

Week 1: Triggers and Cravings/Alcohol and Recovery.

Week 2: Methamphetamine and Cocaine/Alcohol and Recovery.

Week 3: Road Map for Recovery/Coping with possibly Relapse.

Week 4: Opioids and Club Drug.

Week 5: Families in Recovery/Rebuilding Trust.

Week 6: Living with Addiction/Communication Traps.