

## The Family Educational Group

Wellness and Recovery will be offering a Zoom Family Educational group starting on Monday January the 4<sup>th</sup> at 6:00pm and Wednesday the 6th 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, CADC1 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 intend to education 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.