



## OAR Family Series

A place of education, healing, and support for family members and friends of those struggling with addiction

1<sup>st</sup> and 3<sup>rd</sup> Tuesdays 5:30- 7:00 PM

October 6: **Welcome and Introduction**- The first group is an open/processing format where participants are encouraged to ask questions and share the impact addiction has had on their life.

October 20: **Relapse and Triggers**- What is relapse? How do we respond when it happens? We will look at how we “share the disease” and understand our personal triggers as family members.

November 3: **Stages of Addiction and Recovery in the Family**- Examining the impact of the disease on the entire family symptom. How we are affected by addiction, how we progress through recovery.

November 17: **Getting through the Holidays**- Managing the stress, triggers, and uncertainty! Finding joy within the struggle.

December 1: **Codependency and Enabling**- How can we better understand the impact of addiction on our lives and our personal wellbeing? How do we respond to our addicted loved one in a way that supports their recovery without jeopardizing our own? How do we love them without lessening the consequences of their actions?

December 15: **Stages of Change**- Looking at challenges to creating change and motivating our loved ones through the process!

January 5: **Continuing Care**- What does continued care look like for my loved one in recovery? Exploring “best practice” in treatment. Examining self care; how do we fill ourselves up so we are not pouring ourselves out empty in giving to others but instead giving from our overflow!

January 19: **Communication**- How is communication impaired when addiction is present? How can we communicate from a place of love and not shame/blame/judgment?

February 2: **Thinking Errors** (right, wrong, and twisted!)- Addiction is less about a “drug problem” and more about a “thinking problem”. We will look at how to challenge and correct the thinking errors that impact both the family members and addicted loved one.

February 16: **Addiction as a Disease**- Understanding addiction as a brain disease.

*Cost of the group is \$10/family, per group. Questions? Contact Anna O'Rourke at 616-396-5284  
Location: 483 Century Lane, Holland, MI 49423*