



*Do you want to learn more
about what you can do when a
family member has a substance
use problem?*

**Anyone who is feeling the effects of a family member's
or friend's use of substances can attend this
FREE 6-week informational workshop.**

Learn About...

- Use vs. Abuse
- What is Addiction?
- How does Addiction progress?
- Denial and Defense Mechanisms
- How substance use affects families and family roles
- Co-dependency and Enabling
- How families can help themselves
- How families can help others seek help
- Stages of Recovery

Leave With...

- The knowledge that we are not alone
- Area resources to help self and others
- Strategies to use at home
- Support from staff and other participants
- Knowing that Recovery is Possible!

When:

**Tuesdays from 5:30 pm to
7:30 pm**

January 8th, 15th, 22nd, 29th

February 5th and 12th

Where:

**Catholic Social Services
27 E Northampton Street
(Side Door)**

Wilkes-Barre PA 18701

Seating is limited. To Pre-Register,
Call: Shaliyah Jones at 570-822-7118
or email smjones@csswb.org