



Meets Every other Monday

6:30 P.M.—8:00 P.M.

10475 Cosby Manor Road, Utica

**Phone 315-735-6210, email
info@thegoodnewscenter.org**

Or visit us at

www.thegoodnewscenter.org

The primary goal is to provide hope through education and support for parents dealing with addicted loved ones by offering confidential peer support. Other family members of addicted loved ones are also welcome to attend.

Parents of Addicted Loved Ones (PAL)

is a national organization founded in Arizona by a Licensed Independent Substance Abuse Counselor. The group will be led by Michelle Holliday, who has been trained by PAL.

TOPICS COVERED INCLUDE:

- ♦ **Delayed Emotional Growth**
- ♦ **Three Promises to a Loved One**
- ♦ **Helping**
- ♦ **Enabling Checklist**
- ♦ **4 Stages of Growth**
- ♦ **Family Lessons About Recovery**
- ♦ **Roles of Addict/Alcoholic and Family**
- ♦ **Understanding Re-Entry**
- ♦ **Healthy Adult Relationships**
- ♦ **Six Steps for Families**
- ♦ **Respond Rather than React**



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