



**PARENTS OF
ADDICTED
LOVED ONES**

**THERE IS HOPE
YOU ARE NOT ALONE**

315-735-6210



Parents of Addicted Loved Ones (PAL) is a national organization founded in Arizona by a Licensed Independent Substance Abuse Counselor. Each PAL group is facilitated by a trained peer, someone walking the same path.

The primary goal of **PAL** is to provide **HOPE** through education for people dealing with the pain of having an addicted loved one. The guiding principles of PAL are confidentiality, respect, acceptance and support. Differences in opinion are embraced without judgment and we provide an atmosphere of understanding and the freedom to talk. Everyone experiences the journey at their own pace and is supported by the group.

Our meetings are **FREE** and open to the public; participants must be 18 and over.

PAL group educational lessons and discussions will highlight:

- Delayed emotional growth
- Three promises to a loved one
- Helping
- Enabling checklist
- Four stages of growth
- Family lessons about recovery
- Roles of addict/alcoholic and family
- Understanding re-entry
- Healthy adult relationships
- Six steps for families
- Steps of recovery
- Respond rather than react

Meetings are held every other **Monday** except holidays

6:00-7:30 PM at The Good News Center

**January 9 January 23 February 6 February 27 March 13 March 27 April 10 April 24 May 8
May 22 June 5 June 26 July 10 July 24 August 7 August 21 September 11 September 25
October 16 October 30 November 13 November 27 December 11**

For those who prefer to do so, the program is being offered virtually.
We ask you to please call 315-735-6210 to register for both in-person or virtual meetings.


**The
Good News Center**
10475 Cosby Manor Road, Utica, NY 13502 315-735-6210
thegoodnewscenter.org