

# EDUCATION PROGRAM FOR FAMILIES: **UNDERSTANDING SUBSTANCE USE**

First United Methodist Church

15 East 2<sup>nd</sup>. Street Greensburg, PA. 15601

Enter in the side door next to the First Commonwealth Bank  
across from the Y.M.C. A.

*FREE and Open to the  
General Public.  
Attend ANYTIME!*



*Group Facilitators:  
Peers in Recovery*

*Times: Tuesdays afternoons ..... 1:00 P.M. TO 2:00 P.M. OR*

*Wednesday evenings .....5:00 P.M. TO 6:00 P.M.*

*Sessions will not occur New Year's Day, 4<sup>th</sup> of July and Christmas Day.*

*Sessions may be cancelled due to inclement weather .... Please call 724-832-5880*

## *Topic Discussed:*

*Addiction as a brain Disease; Family Self-care; How to de-escalate issues in the home; identifying enabling behaviors: creating healthy boundaries; the hidden pain of the family members living with substance using loved ones; tips to help loved ones stay 'clean'; the signs of relapse.*

**FOR ADDITIONAL INFORMATION: PLEASE CALL 724-832-5880**