

Empowering Loved Ones of People with Addiction: An Educational Group

Empowering Loved Ones is a FREE educational program for family members, partners, and friends of people who use substances problematically. The group offers education, not advice. It is grounded in research and compassion. Empowering Loved Ones is taught by professionals in addiction medicine personally impacted by a loved one's substance use.

When, where, and who?

Date & Time:

2nd and 4th Wednesday of every
month

7:00 to 8:30 PM EST

Location:

virtual via Zoom

Intended audience:

Family members, partners, and
friends impacted a loved one's
substance use

How do I sign up?

Email us at:

EmpoweringFamilies@bmc.org

Once added to our listserv, session
registration and other resources
will be emailed.

This is a drop-in group; individuals
are welcome to join at any time for
any number of sessions.

What are some of the topics covered?

- Impact of drug use on loved ones
- Harm reduction for family and friends
- Impact of stigma
- Rethinking societal myths
- Managing boundaries
- De-escalating conflict
- Overdose and crisis response
- Positive communication skills
- Stages of change for loved ones
- New problem-solving methods
- Navigating addiction treatment
- Mental health and substance use
- Understanding behavior change