

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?

- ✓ **When:** 2nd and 4th Wednesday of every month
- ✓ **Time:** 7:00 to 8:30 PM EST
- ✓ **Location:** virtual via Zoom
- ✓ **Intended audience:** Family members, partners, and friends impacted by the substance use of a loved one

To sign up for group:

Email:

EmpoweringFamilies@bmc.org

or

Text: **FAMILYGROUP** to **22828**

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.

Selection of 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