



## **PAL Preamble**

Welcome to PAL, Parents of Addicted Loved-ones is a support group of parents helping parents. We meet every week to offer education and support, at no cost, for parents who are dealing with a son or daughter battling addiction. PAL can also help spouses who have a partner with addiction issues.

PAL is especially helpful for parents and spouses, however all other sober family members and friends (18 or older) are welcome at our meetings. You will have an opportunity to give support and receive support from others facing the same challenges.

There are two parts to our PAL meetings: There is an educational component and an opportunity to share about your current experiences. We value confidentiality and we understand that everyone has their own opinion. We strive to be non-judgmental and to not provide advice, but to offer suggestions. All of our educational topics are theory and we believe you can, *“take what you want and leave the rest.”*

We understand that everyone experiences this journey at their own pace and we will be just as supportive of you whether you choose to do what is suggested or not. We believe in the power of prayer and it is our desire that by attending our meetings you will learn proven ways to help your loved one and ultimately learn to find joy in your own life regardless of the choices of your loved ones.