FREE PARENT SUPPORT GROUP

# For families of adult children

**dealing with substance addiction**

***Participants must be 18 or older***

Parents of Addicted Loved Ones (PAL)

PROVIDES HOPE

through education and support

*“PAL*

*brought back hope, sanity and*

*purpose in our lives.*

*We have learned to live again.”*

**- PAL parent**

DATE AND TIME

**LOCATION NAME**

**Address**

**CONTACT: Facilitator name**

**Email and/or phone number**

FREE weekly meetings feature:

* **Education**
* **Peer-to-peer support**

**FIND OUT MORE ABOUT PAL:**

[**www.palgroup.org**](http://www.palgroup.org/)

TOPICS INCLUDE:

The addiction cycle • Enabling behaviors • Delayed emotional growth Role of the family • Setting realistic boundaries • Emotional detachment Financial strings • Steps of recovery • Recognizing relapse