

# FAMILY SUPPORT GROUP IS RETURNING IN PERSON

*Every Thursday night at IUOE Local 478, we host a family support group for substance abuse disorders, and other lifestyle issues which is run by Members Assistance Program Coordinator, Ashley Dwyer and Connecticut Counseling and Wellness. This group is open to anyone, it is free and pizza is served.*

**Where:** 1965 Dixwell Avenue Hamden CT 06514  
Upstairs Conference Room

**When:** Resuming June 3<sup>rd</sup> and every Thursday going forward at 6 p.m. *The group is typically an hour and a half*

**Contact:** For more information, please contact Ashley Dwyer at 203-288-9261 ex.249

## **Topics covered include:**

What is addiction?  
What is relapse and why does it occur?  
The intervention process  
Stages of change  
Family roles in addiction and recovery  
Coping skills  
*And many more*

