



Quarterly Newsletter 1Q  
2020 Calendar

# Family Matters

## LOCATIONS:

### AKRON:

Summit County Male (CBCF)  
264 East Crosier Street  
Akron, Ohio 44311

Summit County Female (CSCBCF)  
941 Sherman Street  
Akron, Ohio 44311

Glenwood Halfway House (GHH)  
65 East Glenwood Avenue  
Akron, Ohio 44304

Residential Correctional Center  
(RCC)  
222 Power Street  
Akron, OH 44304

### CLEVELAND:

Rigel Recovery Services  
1804 East 55th Street Cleveland  
Ohio 44103

### NORTH CENTRAL OHIO:

Northwest Ohio Behavior &  
Reporting Services (NOBARS)  
103 South Front Street  
Fremont, Ohio 43420

Rigel Recovery Services (Norwalk)  
12 East Main Street  
Lower Level  
Norwalk, Ohio 44857

Rigel Recovery Services (Tiffin)  
65 St. Francis Avenue  
Tiffin, Ohio, 44883

### MARIETTA:

Rigel Recovery Services (Marietta)  
27750 St. Rt. 7  
Marietta, Ohio 45750

Stay positive and happy. Work hard and don't give up hope. Be open to criticism and keep learning. Surround yourself with happy, warm and genuine people.

### *Welcome January*

January is a time of quiet and new beginnings - is the perfect time to reflect on how you want to live your life.

January is the perfect time to refocus on your priorities and set goals.

Think Positive Words



Whenever you find yourself doubting how far you can go, just remember how far you have come. remember everything you have faced, all the battles you have won, and all the fears you have overcome.  
— unknown

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INSPIRING AND POSITIVE QUOTES

# CLEVELAND FAMILY MATTERS SESSIONS



**Topic: Families in Recovery**

January 2<sup>th</sup>, located at McDonnell Center  
(Family Support Group)  
6:00PM-7:30PM

**Topic: Rebuilding Trust**

January 7<sup>th</sup>, located at Rigel  
(Family Support Group)  
6:00PM-7:30PM

January 9<sup>th</sup>, located at McDonnell Center  
(Family Support Group)  
6:00PM-7:30PM

**Topic: Triggers & Cravings**

January 14<sup>th</sup>, located at Rigel  
(Family Support Group)  
6:00PM-7:30PM

January 16<sup>th</sup>, located at  
McDonnell Center  
(Family Support Group)  
6:00PM-7:30PM

**Topic: Communication Traps**

January 21<sup>st</sup>, located at Rigel  
(Family Support Group)  
6:00PM-7:30PM

January 23<sup>rd</sup>, located at  
McDonnell Center  
(Multi-Family Group)  
6:00PM-7:30PM

**Topic: Coping with the  
Possibility of Relapse**

January 28<sup>th</sup>, located at Rigel  
(Multi-Family Group)  
6:00PM-7:30PM

January 30<sup>th</sup>, located at  
McDonnell Center  
(Family Support Group)  
4:30PM-6:00PM



**Topic: Facilitator Choice**

February 4<sup>th</sup>, located at Rigel  
(Family Support Group)  
6:00PM-7:30PM

February 6<sup>th</sup>, located at  
McDonnell Center  
(Family Support Group)  
6:00PM-7:30PM

**Topic: Healthy Boundaries**

February 11<sup>th</sup>, located at Rigel  
(Family Support Group)  
6:00PM-7:30PM

February 13<sup>th</sup>, located at  
McDonnell Center  
(Family Support Group)  
6:00PM-7:30PM

**Topic: Anger Management**

February 18<sup>th</sup>, located at Rigel  
(Family Support Group)  
6:00PM-7:30PM

February 20<sup>th</sup>, located at  
McDonnell Center  
(Family Support Group)  
6:00PM-7:30PM

**Topic: Roadmap for Recovery**

February 25<sup>th</sup>, located at Rigel  
(Multi-Family Group)  
6:00PM-7:30PM

February 27<sup>th</sup>, located at  
McDonnell Center  
(Multi-Family Group)  
6:00PM-7:30PM



**Topic: Living with Addiction**

March 3<sup>rd</sup>, located at Rigel  
(Family Support Group)  
6:00PM-7:30PM

March 5<sup>th</sup>, located at McDonnell Center  
(Family Support Group)  
6:00PM-7:30PM

**Topic: Families in Recovery**

March 10<sup>th</sup>, located at Rigel  
(Family Support Group)  
6:00PM-7:30PM

March 12<sup>th</sup>, located at  
McDonnell Center  
(Family Support Group)  
6:00PM-7:30PM

**Topic: Rebuilding Trust**

March 17<sup>th</sup>, located at Rigel  
(Family Support Group)  
6:00PM-7:30PM

March 19<sup>th</sup>, located at  
McDonnell Center  
(Family Support Group)  
6:00PM-7:30PM

**Topic: Triggers & Cravings**

March 24<sup>th</sup>, located at Rigel  
(Multi-Family Group)  
6:00PM-7:30PM

March 26<sup>th</sup>, located at  
McDonnell Center  
(Multi-Family Group)  
6:00PM-7:30PM

**Topic: Communication Traps**

March 31<sup>st</sup>, located at Rigel  
(Family Support Group)  
6:00PM-7:30PM