



Quarterly Newsletter 2Q 2019

Calendars

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 (Tiffin)
65 St. Francis Avenue
Tiffin, Ohio, 44883

MARIETTA:

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

8 WAYS TO DECLUTTER YOUR MIND

1. ACCEPT WHAT IS
2. BE KIND TO YOURSELF
3. RELEASE YOUR GUILT AND FEARS
4. LET GO OF CONTROL
5. VISUALIZE WHAT'S IMPORTANT TO YOU
6. FOCUS ON YOUR LIFE-FORCE ENERGY
7. ALLOW YOURSELF TO BE VULNERABLE
8. FIND WHAT DOESN'T SERVE OR INTEREST YOU AND LET IT GO

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CLEVELAND FAMILY MATTERS SESSIONS

APRIL

May

June

Topic: Families in Recovery

April 2nd, located at
Rigel-Cleveland
(Family Support Group)
6:00PM-7:30PM

April 3rd, located at
Rigel-Cleveland
(Multi-Family Group)
6:00PM-7:30PM

Topic: Rebuilding Trust

April 9th, located at
Rigel-Cleveland
(Family Support Group)
6:00PM-7:30PM

April 10th, located at
Rigel-Cleveland
(Multi-Family Group)
6:00PM-7:30PM

Topic: Triggers & Cravings

April 16th, located at
Rigel-Cleveland
(Family Support Group)
6:00PM-7:30PM

April 17th, located at
Rigel-Cleveland
(Multi-Family Group)
6:00PM-7:30PM

Topic: Communication Traps

April 23rd, located at
Rigel-Cleveland
(Family Support Group)
6:00PM-7:30PM

Topic: Boundaries & Healthy Relationship

April 30th, located at
Rigel-Cleveland
(Family Support Group)
6:00PM-7:30PM

Topic: Boundaries & Healthy Relationships

May 1st, located at
Rigel-Cleveland
(Multi-Family Group)
6:00PM-7:30PM

Topic: Living w/an Addiction

May 7th, located at
Rigel-Cleveland
(Family Support Group)
6:00PM-7:30PM

May 8th, located at
Rigel-Cleveland
(Multi-Family Group)
6:00PM-7:30PM

Topic: Families in Recovery

May 14th, located at
Rigel-Cleveland
(Family Support Group)
6:00PM-7:30PM

May 15th, located at
Rigel-Cleveland
(Multi-Family Group)
6:00PM-7:30PM

Topic: Rebuilding Trust

May 21st, located at
Rigel-Cleveland
(Family Support Group)
6:00PM-7:30PM

Topic: Triggers & Cravings

May 28th, located at
Rigel-Cleveland
(Family Support Group)
6:00PM-7:30PM

Topic: Communication Traps

June 4th, located at
Rigel-Cleveland
(Family Support Group)
6:00PM-7:30PM

June 5th, located at
Rigel-Cleveland
(Multi-Family Group)
6:00PM-7:30PM

Topic: Boundaries & Healthy Relationships

June 11th, located at
Rigel-Cleveland
(Family Support Group)
6:00PM-7:30PM

June 12th, located at
Rigel-Cleveland
(Multi-Family Group)
6:00PM-7:30PM

Topic: Living w/Addiction

June 18th, located at
Rigel-Cleveland
(Family Support Group)
6:00PM-7:30PM

June 19th, located at
Rigel-Cleveland
(Multi-Family Group)
6:00PM-7:30PM

Topic: Families in Recovery

June 25th, located at
Rigel-Cleveland
(Family Support Group)
6:00PM-7:30PM