



Quarterly Newsletter 1Q 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

CLEVELAND:

Rigel Recovery Services
1804 East 55th Street Cleveland,
Ohio 44103

The McDonnell Center (CBCF)
3510 Croton Avenue
Cleveland, Ohio 44115

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

Recovery is
Possible!

A blue rounded rectangle with a white border containing the text "Recovery is Possible!" in white. The background of the rectangle shows a blue sky with white clouds.

Although no
one can go back
and make a
brand new start,
anyone can
start from now
and make a
brand new
ending.

A quote on a piece of aged, yellowish paper with a green border. The text is in a black, typewriter-style font.

— — Carl Bard



FREMONT NOBARS/RIGEL TIFFIN FAMILY MATTERS-NORTH CENTRAL OHIO

January

Topic: Boundaries & Healthy Relationships

January 2nd, located at NOBARS
(Multi-Family Group)
6:00PM-7:30PM

January 3rd, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Anger Management

January 9th, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

January 10th, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Roadmap for Recovery

January 16th, located at NOBARS
(Multi-Family Group)
6:00PM-7:30PM

January 17th, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Recovery Panel

January 23rd, located at NOBARS
(Multi-Family Group)
6:00PM-7:30PM

January 24th, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Living w/an Addiction

January 30th, located at NOBARS
(Multi-Family Group)
6:00PM-7:30PM

January 24th, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

January 31st, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

February

Topic: Families in Recovery

February 6th, located at NOBARS
(Multi-Family Group)
6:00PM-7:30PM

February 7th, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Rebuilding Trust

February 13th, located at NOBARS
(Multi-Family Group)
6:00PM-7:30PM

February 14th, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Professional Panel /Guest Speaker

February 20th, located at NOBARS
(Multi-Family Group)
6:00PM-7:30PM

February 21st, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Triggers & Cravings

February 27th, located at NOBARS
(Multi-Family Group)
6:00PM-7:30PM

February 28th, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Communication Traps

March 6th, located at NOBARS
(Multi-Family Group)
6:00PM-7:30PM

March 7th, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Coping w/the Possibility of Relapse

March 13th, located at NOBARS
(Multi-Family Group)
6:00PM-7:30PM

March 14th, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Boundaries & Healthy Relationships

March 20th, located at NOBARS
(Multi-Family Group)
6:00PM-7:30PM

March 21st, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Anger Management

March 27th, located at NOBARS
(Multi-Family Group)
6:00PM-7:30PM

March 28th, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM