



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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FREMONT NOBARS/RIGEL TIFFIN FAMILY MATTERS SESSIONS-NCO

APRIL May

June

Topic: Roadmap for Recovery

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

April 4th, located at
RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Recovery Panel

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

April 11th, located at
RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Living with an Addiction

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

April 18th, located at
RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Families in Recovery

April 24th, located at
NOBARS
(Multi-Family Group)
6:00PM-7:30PM

April 25th, located at
RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Rebuilding Trust

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

May 2nd, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Professional Panel /Guest Speaker

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

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

Topic: Triggers & Cravings

April 15th, located at NOBARS
(Multi-Family Group)
6:00PM-7:30PM

May 16th, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Communication Traps

May 22nd, located at NOBARS
(Multi-Family Group)
6:00PM-7:30PM

May 23rd, located at RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Coping w/the Possibility of Relapse

May 29th, located at NOBARS
(Multi-Family Group)
6:00PM-7:30PM

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

Topic: Boundaries & Healthy Relationships

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

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

Topic: Anger Management

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

June 13th, located at
RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Roadmap for Recovery

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

June 20th, located at
RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM

Topic: Recovery Panel

June 26th, located at NOBARS
(Multi-Family Group)
6:00PM-7:30PM

June 27th, located at
RIGEL-TIFFIN
(Multi-Family Group)
6:00PM-7:30PM