



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

GAIAMTV.com



"The soul always
knows what to
do to heal itself.
The challenge is to
silence the mind"



AKRON FAMILY MATTERS SESSIONS

APRIL May

June

Topic: Triggers & Cravings

April 1st, located at CSCBCF
(Multi-Family Group)
4:30PM-6:00PM

April 3rd, located at GHH
(Multi-Family Group)
4:30PM-6:00PM

Topic: Communication Traps

April 10th, located at CBCF & RCC
(Multi-Family Group)
4:30PM-6:00PM

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

Topic: DAWN KIT Training/Coping w/the Possibility of Relapse

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

Topic: Addiction as a Disease

April 23rd, located at CBCF
4:30PM-6:00PM

April 24th, located at CSCBCF & RCC
4:30PM-6:00PM

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

Topic: Boundaries & Healthy Relationships

May 1st, located at GHH
(Multi-Family Group)
4:30PM-6:00PM

Topic: Anger Management

May 6th, located at CSCBCF
(Multi-Family Group)
4:30PM-6:00PM

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

May 8th, located at CBCF & RCC
(Multi-Family Group)
4:30PM-6:00PM

Topic: Roadmap for Recovery

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

Topic: Recovery Panel

May 21st, located at CBCF
(Multi-Family Group)
4:30PM-6:00PM

Topic: Summer Kick-Off Potluck/Recovery Panel

May 22nd, located at GHH
6:00PM-7:30PM

Topic: Recovery Panel

May 29th, located at CSCBCF
4:30PM-6:00PM

Topic: Families in Recovery

June 3rd, located at CSCBCF
(Multi-Family Group)
4:30PM-6:00PM

June 5th, located at GHH
(Multi-Family Group)
4:30PM-6:00PM

Topic: Rebuilding Trust

June 12th, located at CBCF & RCC
(Multi-Family Group)
4:30PM-6:00PM

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

Topic: DAWN KIT Training/Coping w/the Possibility of Relapse

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

Topic: Communication Traps

June 25th, located at CBCF
(Multi-Family Group)
4:30PM-6:00PM

June 26th, located at
CSCBCF & RCC
(Multi-Family Group)
4:30PM-6:00PM

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