



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

### **Goodbye January, Hello February**

*Please be a good month and bring smiles and happiness to my family and friends.*

### *Hello March*

May you be filled with Warmth, Love and Kindness. May you bring an abundance of everything my heart desires, and may you fill my days with the beauty of a smile and the touch of a caring heart.

Rebecca Fox

SOUL VISION HEALING  
SOULVISIONHEALING.COM

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

# FREMONT NOBARS/RIGEL TIFFIN FAMILY MATTERS SESSIONS



**Topic: Professional Panel/Guest Speaker**

January 2<sup>nd</sup>, located at Rigel Tiffin  
(Multi-Family Group)  
6:00PM-7:30PM

**Topic: Triggers & Cravings**

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

January 8<sup>th</sup>, located at NOBARS  
(Multi-Family Group)  
6:00PM-7:30PM

January 9<sup>th</sup>, located at Rigel Tiffin  
(Multi-Family Group)  
6:00PM-7:30PM

**Topic: Communication Traps**

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

January 15<sup>th</sup>, located at NOBARS  
(Multi-Family Group)  
6:00PM-7:30PM

January 16<sup>th</sup>, located at Rigel Tiffin  
(Multi-Family Group)  
6:00PM-7:30PM

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

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

January 22<sup>nd</sup>, located at NOBARS  
(Multi-Family Group)  
6:00PM-7:30PM

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

**Topic: Boundaries & Healthy Relationships**

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

January 29<sup>th</sup>, located at NOBARS  
(Multi-Family Group)  
6:00PM-7:30PM

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



**Topic: Anger Management**

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

February 5<sup>th</sup>, located at NOBARS  
(Multi-Family Group)  
6:00PM-7:30PM

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

**Topic: Roadmap for Recovery**

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

February 12<sup>th</sup>, located at NOBARS  
(Multi-Family Group)  
6:00PM-7:30PM

February 13<sup>th</sup>, located at Rigel Tiffin  
(Multi-Family Group)  
6:00PM-7:30PM

**Topic: Recovery Panel**

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

February 19<sup>th</sup>, located at NOBARS  
(Multi-Family Group)  
6:00PM-7:30PM

February 20<sup>th</sup>, located at Rigel Tiffin  
(Multi-Family Group)  
6:00PM-7:30PM

**Topic: Living with an Addiction**

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

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

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



**Topic: Families in Recovery**

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

March 4<sup>th</sup>, located at NOBARS  
(Multi-Family Group)  
6:00PM-7:30PM

March 5<sup>th</sup>, located at Rigel Tiffin  
(Multi-Family Group)  
6:00PM-7:30PM

**Topic: Rebuilding Trust**

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

March 11<sup>th</sup>, located at NOBARS  
(Multi-Family Group)  
6:00PM-7:30PM

March 12<sup>th</sup>, located at Rigel Tiffin  
(Multi-Family Group)  
6:00PM-7:30PM

**Topic: Professional Panel/Guest Speaker**

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

March 18<sup>th</sup>, located at NOBARS  
(Multi-Family Group)  
6:00PM-7:30PM

March 19<sup>th</sup>, located at Rigel Tiffin  
(Multi-Family Group)  
6:00PM-7:30PM

**Topic: Triggers & Cravings**

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

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

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