



Courage to Change

Family is very important to me. Thank you for helping my son stay sober. It was the first Christmas and the best Christmas 2015.

For my family, it was so awesome hanging out with my son for the first time laughing and playing the guitar sober.

My prayers have been answered, but not in a way that I expected. My son had gotten into trouble, and I knew jail time would not be the answer.

Since July 2015, he has not had a drink. I am so very proud of

him. I know now he can do this! Now it's January 2016, and I see a new person with a future. I cannot thank you enough!

Everyone here is so nice and they have taught me a lot about addiction. I will continue to be there for my son. I am so glad I spoke up and the judge heard my voice. A voice of a mother who only wants the best for him. I have put the old ways to rest and hope for a great future.

I know he was really mad at me, but now he says "Thank

you, Mom for doing what you did." I just told the judge that he had a drinking problem and was in tears because I couldn't fix him. Only he can fix himself.

We are responsible for our own recovery. I, myself, am in recovery. It feels good knowing that I am on the recovery road.

There are good things that happen in this world. You just have to seek it out. Thank you, No Bars. It's been real.

Sincerely, Anonymous



Addiction Reads & Resources

- ◆ **Players and Their Personalities:** Understanding People who Get Involved in Addictive Relationships by Terrence Gorski
- ◆ **King Baby:** Depicts the childish ego traits seen in people who have reached adulthood without acquiring emotional maturity by Tom Cunningham
- ◆ **Drop the Rock** by Bill P., Todd W., and Sara S. Combines personal stories and powerful insights to help readers move forward in recovery.

*This information is provided for general purposes only.

Healthy Boundaries

- ◆ **Trust yourself** — If it doesn't "feel" right—the odds are it's not right, for you. Everyone has the right to set their own personal limits in order to feel safe and serene.
- ◆ **Learn to say "No"** — Setting clear boundaries help us to separate our own thoughts, feelings, and actions from others.
- ◆ **Gain a sense of control** — Maintaining personal limits can help you feel grounded when other family members' behaviors are out of control.

Drugs Over Dinner

There is a growing number of web based initiatives challenging the families of America to return to the dinner table. One such website, **Drugs over Dinner**, www.drugsoverdinner.org has set a goal to inspire a million people within the next year to gather around the dinner table and share a compassionate conversation about drugs and addiction.

They believe that change starts with conversation and that change almost always starts at the dinner table. This is an opportunity to ignite a conversation between kids, parents, those in recovery, those still in the grip of addiction, or even people that have never taken a drug.

Drugs Over Dinner is an online toolkit that helps people plan, host, and moderate a conversation about drugs and addiction over dinner. They have gathered a collection of thoughtful, compelling resources; as well as, a dynamic library of poignant

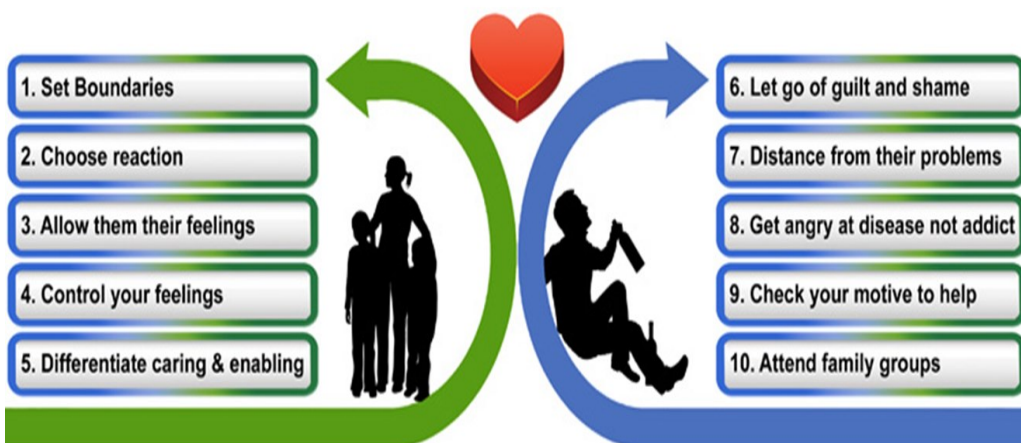


articles, videos, and audio content for you and your guests to review.

“We are such a fast-food culture, I love the idea of making the dinner last for hours. These are the conversations that will help us to evolve. The Huffington Post is excited to partner with Drugs Over Dinner to help expand this conversation from coast-to-coast and around the world.”

– Arianna Huffington (www.dinneroverdrugs.org)

Emotional Detachment With an Addict



Detachment & Dignity

Detachment allows us to let go of the need to control another person’s behavior and puts the focus back on ourselves.

When we learn to detach with love, we take back our dignity and give our loved one’s dignity back to them.

- anonymous



Alcohol and Drug Addiction happens in the best of families and it hurts, but it doesn’t have to stay that way!

Resources for additional information and help:

Rigel Services

**in Summit County
330-535-8181 (ext. 408)**

**in Seneca County
567-220-7018**

Family Support Groups

nar-anon.org

al-anon.org

alateen.org

familiesanonymous.org

celebraterecovery.com

liferingakron.yolasite.com

Alcoholics Anonymous

aa.org

Adult Children of Alcoholics

adultchildren.org

Pastoral Counseling

aapc.org

County of Summit ADM

Phone: 330-762-3500

Crisis: 330-434-9144

330-996-7730

Cuyahoga County ADAMHSCC

Phone: 216.241.3400

Mobile Crisis Team

216.623.6888

Oriana House, Inc., Family Matters Program April—June 2016 Calendar by Region

Summit County

264 E. Crosier Street (CBCF)

213 East Glenwood Avenue (St. Hedwig's-Church)



Topic: Families in Recovery

June 1st 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

June 2nd 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Rebuilding Trust

June 7th 6:00 pm-8:00 pm
Location - CBCF

June 8th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

June 9th 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Professional Panel/Guest Speaker (Multi-Family)

June 14th 6:00 pm-8:30 pm
Location - CBCF

June 15th 6:00 pm-8:30 pm
Location - St. Hedwig's (Church)

June 16th 6:00 pm-8:30 pm
Location - CSCBCF

Topic: Triggers & Cravings

June 21st 6:00 pm-8:00 pm
Location - CBCF

June 22nd 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

June 23rd 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Communication Traps

June 28th 6:00 pm-8:00 pm
Location - CBCF

June 29th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

June 30th 6:00 pm-8:00 pm
Location - CSCBCF



Topic: Rebuilding Trust

April 5th 6:00 pm-8:00 pm
Location - CBCF

April 6th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

April 7th 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Professional Panel/Guest Speaker (Multi-Family)

April 12th 6:00 pm-8:30 pm
Location - CBCF

April 13th 6:00 pm-8:30 pm
Location - St. Hedwig's (Church)

April 14th 6:00 pm-8:30 pm
Location - CSCBCF

Topic: Triggers & Cravings

April 19th 6:00 pm-8:00 pm
Location - CBCF

April 20th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

April 21st 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Communication Traps

April 26st 6:00 pm-8:00 pm
Location - CBCF

April 27th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

April 28th 6:00 pm-8:00 pm
Location - CSCBCF



Topic: Coping w/the Possibility of Relapse (Multi-Family)

May 3rd 6:00 pm-8:30 pm
Location - CBCF

May 4th 6:00 pm-8:30 pm
Location - St. Hedwig's (Church)

May 5th 6:00 pm-8:30 pm
Location - CSCBCF

Topic: Road Map for Recovery

May 10th 6:00 pm-8:00 pm
Location - CBCF

May 11th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

May 12th 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Recovery Panel

May 17th 6:00 pm-8:00 pm
Location - CBCF

May 18th 6:00 pm-8:00 pm
Location - St. Hedwig's (Church)

May 19th 6:00 pm-8:00 pm
Location - CSCBCF

Topic: Living w/Addiction (Multi-Family)

May 24th 6:00 pm-8:30 pm
Location - CBCF

May 25th 6:00 pm-8:30 pm
Location - St. Hedwig's (Church)

May 26th 6:00 pm-8:30 pm
Location - CSCBCF

Topic: Families in Recovery

May 31th 6:00 pm-8:00 pm
Location - CBCF

Oriana House, Inc., Family Matters Program April—June 2016 Calendar by Region

North Central

65 St. Francis Avenue
(Rigel-Tiffin)

103 S. Front Street
(NOBARS)



Topic: Rebuilding Trust

April 5th 6:00 pm-8:00 pm
Location - North Star

April 6th 6:00 pm-8:00 pm
Location - NOBARS

April 7th 6:00 pm-8:00 pm
Location - JNRMCBFCF &
Rigel Tiffin

Topic: Professional Panel/Guest Speaker (Multi-Family)

April 12th 6:00 pm-8:30 pm
Location - North Star

April 13th 6:00 pm-8:30 pm
Location - NOBARS

April 14th 6:00 pm-8:30 pm
Location - JNRMCBFCF
& Rigel Tiffin

Topic: Triggers & Cravings

April 19th 6:00 pm-8:00 pm
Location - North Star

April 20th 6:00 pm-8:00 pm
Location - NOBARS

April 21st 6:00 pm-8:00 pm
Location - JNRMCBFCF
& Rigel Tiffin

Topic: Communication Traps

April 26st 6:00 pm-8:00 pm
Location - North Star

April 27th 6:00 pm-8:00 pm
Location - NOBARS

April 28th 6:00 pm-8:00 pm
Location - JNRMCBFCF
& Rigel Tiffin

Cuyahoga County

3510 Croton Avenue
(JNRM-CBCF)

1834 East 55th Street
(North Star)



Topic: Coping w/the Possibility of Relapse (Multi-Family)

May 3rd 6:00 pm-8:30 pm
Location - North Star

May 4th 6:00 pm-8:30 pm
Location - NOBARS

May 5th 6:00 pm-8:30 pm
Location - JNRMCBFCF
& Rigel Tiffin

Topic: Road Map for Recovery

May 10th 6:00 pm-8:00 pm
Location - North Star

May 11th 6:00 pm-8:00 pm
Location - NOBARS

May 12th 6:00 pm-8:00 pm
Location - JNRMCBFCF
& Rigel Tiffin

Topic: Recovery Panel

May 17th 6:00 pm-8:00 pm
Location - North Star

May 18th 6:00 pm-8:00 pm
Location - NOBARS

May 19th 6:00 pm-8:00 pm
Location - JNRMCBFCF
& Rigel Tiffin

Topic: Living w/Addiction (Multi-Family)

May 24th 6:00 pm-8:30 pm
Location - North Star

May 25th 6:00 pm-8:30 pm
Location - NOBARS

May 26th 6:00 pm-8:30 pm
Location - JNRMCBFCF
& Rigel Tiffin

Topic: Families in Recovery

May 31th 6:00 pm-8:00 pm
Location - North Star



Topic: Families in Recovery

June 1st 6:00 pm-8:00 pm
Location - NOBARS

June 2nd 6:00 pm-8:00 pm
Location - JNRMCBFCF
& Rigel Tiffin

Topic: Rebuilding Trust

June 7th 6:00 pm-8:00 pm
Location - North Star

June 8th 6:00 pm-8:00 pm
Location - NOBARS

June 9th 6:00 pm-8:00 pm
Location - JNRMCBFCF
& Rigel Tiffin

Topic: Professional Panel/Guest Speaker (Multi-Family)

June 14th 6:00 pm-8:30 pm
Location - North Star

June 15th 6:00 pm-8:30 pm
Location - NOBARS

June 16th 6:00 pm-8:30 pm
Location - JNRMCBFCF
& Rigel Tiffin

Topic: Triggers & Cravings

June 21st 6:00 pm-8:00 pm
Location - North Star

June 22nd 6:00 pm-8:00 pm
Location - NOBARS

June 23rd 6:00 pm-8:00 pm
Location - JNRMCBFCF
& Rigel Tiffin

Topic: Communication Traps

June 28th 6:00 pm-8:00 pm
Location - North Star

June 29th 6:00 pm-8:00 pm
Location - NOBARS

June 30th 6:00 pm-8:00 pm
Location - JNRMCBFCF
& Rigel Tiffin