

PAL: Parents of Addicted Loved ones meets for support

by Liz Bonis

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Parents of Addicted Loved ones (WKRC)

COVINGTON, Ky. (Liz Bonis) - Dozens of local parents reached out to other families during the holiday season to give the gift of hope.

People of all faiths meet at Catholic Charities in Latonia. Together they make up the local chapter of a national support group called PAL or Parents of Addicted Loved ones. Tony and Tina Garera both started attending PAL support meetings after a 10 year addiction struggle with their own son.

Tina said, "After we kind of turned things around we got back to church and got god back up on top. Then we knew that we needed a group."

Tina said her son's addiction began with alcohol and marijuana but she knew she'd found the right group when her son's addictions grew and so did his need for money.

She asked the group, "Does anybody here sleep with your purse? And get everybody nodding and knowing what we were talking about and when I saw that I knew we were in the right place."

The PAL team meets weekly, sometimes with guest speakers, sometimes with mental health and substance abuse counselors.

Catholic Charities counselor, Laura Jackson, said, "This is an accepting group that where ever you are on your journey and whatever your beliefs are or how you are trying to help your loved one, or your addicted child, it's OK."

The goal is to allow people to come together at a place where they feel safe and they are not judged by others. But more importantly, it's to really let them know they are not alone. This holiday season they invited other parents and family members to seek support against what they said was the worst part of living with an addicted loved one, the shame and the stigma. The team said people cannot heal from that which they do not acknowledge. But when they can get it out and just talk about it, that was where the healing began.

PAL group meets each week at Catholic Charities in Latonia Wednesday evenings. It's free and people can just show up.

If you need details you can call 859-581-8974 or [CLICK HERE.](#)

<http://local12.com/news/local/pal-parents-of-addicted-loved-ones-meets-for-support>