

PAL

PARENTS OF ADDICTED LOVED ONES



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YOU ARE NOT ALONE

Support for parents of loved ones
who struggle with addiction

(Participants must be 18 or older)

www.palgroup.org

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Free educational support group for parents and families of addicted loved ones

(Participants must be 18 or older)

PAL group educational topics
and discussions will highlight:

- Addiction cycle
- Traits and behaviors
- Delayed emotional growth
- Role of family
- Releasing your loved one
- Emotional detachment
- Setting realistic boundaries
- Accepting consequences
- Enabling behaviors
- Financial strings
- Steps of recovery
- Recognizing relapse

Various **meeting times** and **locations** along with
PAL information and helpful resources can be found at

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*"With new learning, we can reach a point,
where no matter what our loved one does,
we will either know what to do or
where to go for help."*

- Suggestions are offered in place of advice
- Encouragement is provided in place of judgment

A Nugget from PAL:

*"When we focus on changing the way we help
our loved one, rather than trying to change them,
it gives us realistic hope."*

~ Mike Speakman ~ founder of PAL, 2006

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480-300-4712

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