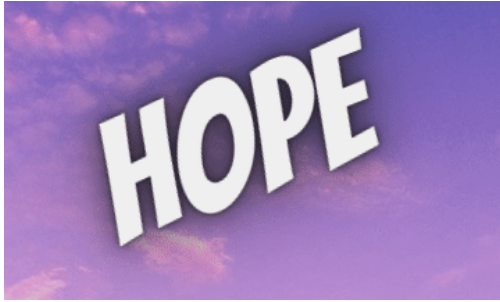


Family Support Network



YOU ARE NOT ALONE!

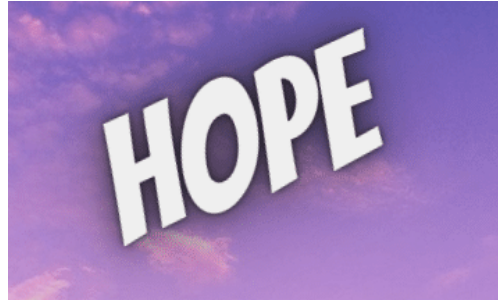
EMPOWERING FAMILIES TO
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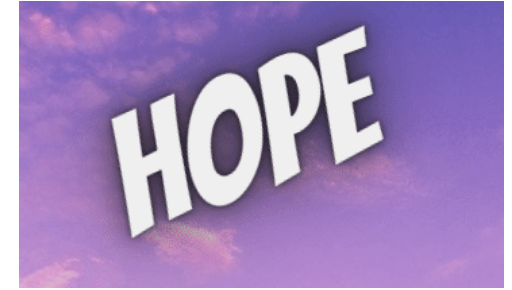
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Groups and websites for your family:

Nar-Anon/NaraTeen

Primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to you; a 12 step program for families of addicted loved ones.

www.nar-anon.org

Al-Anon/Alateen

A mutual support program for people whose lives have been affected by someone else's drinking.

www.al-anon.org

Southern IL Parents of Addicted Loved Ones (PAL)

Support for family and friends of someone who may be abusing drugs or alcohol. PAL meetings use evidence-based curriculum to help educate family & friends toward finding peace, hope and joy in their life regardless of their loved ones decisions. Studies show that change in your behavior can influence change in your loved one's behavior.

www.palgroup.org

Adult Children of Alcoholics (ACA)

A Twelve-Step, Twelve Tradition program of people who grew up in dysfunctional homes. We meet to share our experience of growing up in an environment where abuse, neglect and trauma infected us. This affects us today and influences how we deal with all aspects of our lives.

www.adultchildren.org

Grief Support Groups:

www.compassionatefriends.org

www.griefshare.org

www.grasphelp.org



This project is supported in part by the Illinois Department of Human Services-Division of Substance Use Prevention and Recovery, as part of the Substance Abuse and Prevention and Treatment Block Grant (SABG) award from the Substance Abuse and Mental Health Services Administration of the Department of Health and Human Services (SAMHSA).

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