



**PARENTS OF
ADDICTED
LOVED ONES**

**THERE IS HOPE
YOU ARE NOT ALONE**

315-735-6210



Parents of Addicted Loved Ones (PAL) is a national organization founded in Arizona by a Licensed Independent Substance Abuse Counselor. Each PAL group is facilitated by a trained peer, someone walking the same path.

The primary goal of **PAL** is to provide **HOPE** through education for people dealing with the pain of having an addicted loved one. The guiding principles of PAL are confidentiality, respect, acceptance and support. Differences in opinion are embraced without judgment and we provide an atmosphere of understanding and the freedom to talk. Everyone experiences the journey at their own pace and is supported by the group.

Our meetings are **FREE** and open to the public; participants must be 18 and over.

PAL group educational lessons and discussions will highlight:

- Delayed emotional growth
- Three promises to a loved one
- Helping
- Enabling checklist
- Four stages of growth
- Family lessons about recovery
- Roles of addict/alcoholic and family
- Understanding re-entry
- Healthy adult relationships
- Six steps for families
- Steps of recovery
- Respond rather than react

**Meetings are held every other Monday
6:30-8:00 PM at The Good News Center**