

## Support group for loved ones of people with an addiction

A free, supportive space for those impacted by a loved one's substance use.

**When:** Tuesdays at 4pm-5pm  
*Light snacks and drinks will be provided*

**Start Date:** May 19<sup>th</sup> (Runs for 8 weeks)

**Where:** Lamprey Health Care Newmarket

### About the group:

This group is led by Lamprey Health Care Behavioral Health Clinicians and offers a safe, supportive environment for loved ones and family members of people with addiction. Each week focuses on a specific topic to help participants better understand addiction, build coping skills, and reconnect with themselves.

**Participants may join at any time!**  
**Space is limited to 15 participants per group**

### Weekly Topics Include:

- ✓ Understanding Substance Use Disorders
- ✓ The Impact of Addiction on Families
- ✓ Boundaries vs. Enabling
- ✓ Communication Skills
- ✓ Coping with Guilt, Anger, and Fear
- ✓ Letting Go of Control & Accepting What You Can't Change
- ✓ Self-Care and Rebuilding Identity
- ✓ Hope, Recovery, and Moving Forward

**Open to patients and non-patients!**

**Cost: FREE**

**To sign up or learn more:**

**Contact Hannah at 603-292-7702**

