

WINTER 2020

How Can We Help?

The Family and Friends Support Group

Tuesdays

January 7th	Open Group	
January 14th	Co-dependency and Enabling Jody Davis	What is it, how can we identify if we are doing it and what can we do if we are? <i>Jody Davis is the Executive Director of Coram Deo, Sober Housing for Women.</i>
January 21st	Open Group	
January 27th	The Healing Power of Mindfulness Vamsi Koneru, PhD	Learn about how mindfulness: what is it; how is it practiced and how it can help us heal. <i>Vamsi Koneru, PhD is a Certified Mindfulness Instructor, Assistant Professor at UConn Medical School, Psychotherapist and Copper Beach Institute board member.</i>
February 4th	Open Group	
February 11th	Is Addiction a Disease?	Join us to learn about how addiction is currently being classified warranting a change in approach.
February 18th	Open Group	
February 25th	NARCAN Training	Join us to learn how/when to administer what can be a life-saving substance in an opioid overdose.

Tuesdays 6:30 pm @ **Wellspring Church**: 222 Lincoln Street, Kensington, CT

A Light Supper is served at 6:30 pm. Group: 7:00-8:00 pm

Check back for updates. <https://www.howcanwehelp.live/support-group.html> or <https://www.ccthd.org/opioid-program>

