



Join us for a FREE Virtual Support Program for families in Bergen County

The nation's pandemic has caused us to remain at home, isolated and disconnected from those with whom we typically spend our time and where we find support. Many of us are also living more closely with family members. When someone we love is actively misusing substances during this time when much is out of our control, it can leave us feeling more helpless than ever before.

WE ARE HERE TO HELP

Meet us on ZOOM and learn to:

- Avoid blaming, criticizing, threatening, and better communicate with your loved one in a positive way
- Identify the circumstances that trigger your loved ones use and ways to motivate them to use less
- Take care of yourself despite the challenges you are facing

**Meetings are held Virtually on Thursdays at
6:00 p.m. via ZOOM**

Meeting ID: 891 110 613

Call 201-740-7030 for more information

**This program is offered at no cost with funding from
Women United in Philanthropy**