



# FAMILY AND FRIENDS: VIRTUAL ZOOM GROUPS

Family and Friends is open to those who have loved ones currently in treatment, are looking to get help for their loved one, or are looking to learn self-care techniques to better cope with their loved ones' substance use disorder. This virtual group is confidential and facilitated by experienced, certified substance abuse professionals.

## GET INVOLVED

Join us via zoom every Tuesday, 5:00 pm to 6:30pm. If you'd like more information about Family and Friends, please call Gilmore Treatment Center at 269-382-9820.

Zoom Information ID: 830 4671 5044 Passcode: 511469

**Preventing Risky  
Situations in Your  
Family**

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**Healthy Boundaries vs  
Unhealthy Boundaries**

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**Codependency as an  
addiction**

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**Family Profile &  
Strengthening Family  
Bonds**

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**Research-Based  
Information,  
Resources & More**

**FACILITATED BY:  
COMMUNITY HEALING  
CENTER**

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