



RECOVERING TOGETHER

A support group for families caring for a loved one with a substance use disorder.

Substance use disorders affect the entire family—spouses, children, siblings, other relatives, and friends. This group offers support and guidance for anyone caring for a loved one, whether they're actively using or in any stage of recovery.

Every Wednesday from 5:30 p.m. – 7:00 p.m.

Attend in person or join us on Zoom.

Trained counselors will help you learn about:

- The stages of addiction, recovery, and change.
- Codependency, enabling, and their impact on recovery.
- The science of addiction and how it affects the brain.
- Understanding and preparing for return to use.
- Family roles, addiction within a family, and family rules.



“

“It was helpful to hear other people’s perspectives on the situation. I learned skills that I wish I knew years ago, which would have reduced my stress level.”

”

“We get support by sharing our own personal experiences with peers. We learn about ourselves and how our loved one’s disease has affected us. We develop skills to handle our issues and cope better.”

For more information, contact:

Ewa Szura, LMSW, Residential Clinician

✉ ewa.szura@mccallbhn.org ☎ 860.496.2100 ext. 1143



RECOVERING TOGETHER

A support group for families caring for a loved one with a substance use disorder.

Substance use disorders affect the entire family—spouses, children, siblings, other relatives, and friends. This group offers support and guidance for anyone caring for a loved one, whether they're actively using or in any stage of recovery.

Every Wednesday from 5:30 p.m. – 7:00 p.m.

Attend in person or join us on Zoom.

Trained counselors will help you learn about:

- The stages of addiction, recovery, and change.
- Codependency, enabling, and their impact on recovery.
- The science of addiction and how it affects the brain.
- Understanding and preparing for return to use.
- Family roles, addiction within a family, and family rules.



“

“It was helpful to hear other people’s perspectives on the situation. I learned skills that I wish I knew years ago, which would have reduced my stress level.”

”

“We get support by sharing our own personal experiences with peers. We learn about ourselves and how our loved one’s disease has affected us. We develop skills to handle our issues and cope better.”

For more information, contact:

Ewa Szura, LMSW, Residential Clinician

✉ ewa.szura@mccallbhn.org ☎ 860.496.2100 ext. 1143