## **Addiction Support Groups**

**Family Support Group** 

Where: Insight House Chemical Dependency Services, Inc.

500 Whitesboro Street, Utica

Phone: 315-724-5168
When: Every Tuesday
Time: 6:15pm - 7:30pm

Open group, no fee, walk-ins welcome

**Addiction Recovery - Family Support Group** 

Where: Community Recovery Center of Rome Memorial Hospital

1500 North James Street, 2<sup>nd</sup> Floor Classroom, Rome

Phone: 315-334-4701

When: Third Monday of the Month

Time: 6:00pm – 7:00pm

When a loved one struggles with drug or alcohol addiction, it affects the whole family; this is an opportunity to have questions and concerns addressed by a certified drug and alcohol counselor.

**Heroin/Opiate Addiction- Family Support Group** 

Where: Milestones

502 Court Street, 2<sup>nd</sup> Floor Conference Room, Utica

Phone: 315-724-5168
When: Every Thursday
Time: 6:00pm - 7:00pm

Open group, no fee, walk-ins welcome

**Addiction – Family Support Group** 

Where: Center for Family Life and Recovery

502 Court Street, Utica

Phone: 315-768-2665 When: Every Thursday

Time: 5:00pm

Please call ahead of time so they have a contact list should group need to be cancelled. Topics include: Recovery Basics for Families, The Science of Addiction, Mindful Communication and Boundary Setting, Letting go of Resentments, Engaging Change Talk, Rational Emotive Behavioral Therapy tools

Parents of an Addicted Loved One (PAL) – Family Support Group

Where: The Good News Foundation

10475 Cosby Manor Rd, Utica

Phone: 315-735-6210 ext. 224 When: Every Other Monday Time: 6:30pm – 8:00pm

No fees and walk-ins are welcome