



Families Against Narcotics

Your **connection** for information, resources, and support.

Northwest Wayne Families Against Narcotics 2023 Public Forum Schedule

January 9, 2023: The Power of Forgiveness. At our FIRST public forum of the New Year, we will explore the importance of forgiveness of both self and others in the context of substance use disorder. Forgiveness is key to achieving peace, healing, and positive growth, but it can be so elusive. Our speakers include individuals in recovery as well as family members of addicted loved ones.

February 6, 2023: Pathways to Recovery. At this forum, people in recovery from substance use disorder will share how they found the impetus for serious recovery and their current regimen for maintaining sobriety. Multiple pathways to recovery will be discussed and explored. We will learn about the various approaches that one can take – individually or in combination – to find long-term freedom from addiction.

March 6, 2023: Family Recovery Stories. This forum focuses on the challenges faced by family members dealing with addicted loved ones. Our speaker panel includes parents, children, and siblings of individuals with substance use disorder. They will share their personal stories, discuss coping strategies, and explain how they have found a path to joy despite the chaos and heartbreak of their addiction journey.

April 3, 2023: Understanding the Feelings Behind Substance Use Disorder. There are many factors that can drive a person's addiction to substances. Common examples include self-medication of co-occurring mental health issues, response to trauma, and shame and fear that contribute to both the initiation and continuation of the disease. At this forum, a mental health expert will explain the emotions that often lie at the root of substance addictions, and we will explore healthy ways to cope with those emotions.

May 8, 2023: Law Enforcement's Changing Perceptions of Addiction. Historically substance use disorder has been viewed as a moral failing warranting criminal sanctions, and law enforcement has been charged with arresting and jailing people struggling with this disease. But the toll of the opioid epidemic and organizations like FAN have been changing law enforcement's perceptions of addiction. At this forum, you will hear from individual members of law enforcement as they share their personal stories of how their views of addiction have changed. The discussion will include exploration of the role of the courts and our criminal justice system in shaping addiction treatment.

(See Reverse Side for More Public Forums)



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June 5, 2023: Healthy Habits that Support Recovery. Science demonstrates that certain lifestyles are more conducive to long-term recovery than others because they contribute to a heightened sense of well-being and boost happiness. Learn the role that nutrition, exercise, meditation, creative expression, and smoking cessation can play in supporting recovery, and how to successfully build healthy habits that will bring increased joy to your life.

July 10, 2023: Hard-Won Wisdom – What We Can Learn from People in Recovery. People in recovery from substance use disorder often suffer tremendous trauma related to their addiction. Multiple failed attempts at recovery frequently precede finding a path that works for them. The lessons people in recovery learn on their journeys from active use to freedom from addiction are instructive for all of us, and can put each of us on a pathway to a more meaningful and fulfilling life. At this forum, our speakers will share the life lessons they learned as they traveled from addiction to living a life that is happy, joyous, and free.

August 7, 2023: You Are Not Alone – When a Child or Loved One Struggles with Addiction. At this forum, the creators of FAN's Stronger Together Family and Friends Support Group will discuss FAN's 12-step program for family and friends recovery, joined by members of the group and family recovery experts.

October 2, 2023: Recovery Resource Fair. At this forum, we are reprising our hugely successful Recover Resource Fair of 2022. Come check out local support groups, treatment providers, recovery homes, and more. Talk to representatives and gather information. There will be brief remarks, personal stories, and an opportunity to connect and learn.

November 6, 2023: Gratitude – A Key to Recovery and Happiness. Research shows that gratitude is strongly and consistently associated with greater happiness. Why is that, and how can we cultivate gratitude in our lives when we are often dealing with hardship and chaos? At this forum, experts will explain the role that gratitude can play in supporting and sustaining recovery from substance use disorder, and in creating peace and joy in families dealing with addiction.

December 4, 2023: Navigating Your Way Through the Holidays. Individuals and families impacted by addiction face special challenges during the holidays. For people in recovery, the holidays can bring triggers for relapse. Family relationships are often strained by addiction, and children are especially vulnerable. At our last forum of the year, our speaker panel will share their stories, and provide tips and tricks for increasing joy this holiday season.