



Families Against Narcotics

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

Northwest Wayne Families Against Narcotics 2024 Public Forum Schedule

**HYPE Recreation Center of Western Wayne
4635 Howe Road, City of Wayne
6 to 8 pm (Narcans Trainings at 5:30)**

January 8, 2024: Starting the New Year Off Strong! At our FIRST public forum of the New Year, we will learn about the seven dimensions of a well-rounded and balanced lifestyle, as illustrated by the Wellness Wheel. We will discuss goal setting and how to develop new habits that will stick. You will have the opportunity to explore your own strengths and weaknesses with respect to the seven dimensions of wellness, and develop a plan to strengthen any areas that you feel need strengthening.

February 5, 2024: Coaching Corner. At this forum, you will hear from a panel consisting of two Family Recovery Coaches and two Peer Recovery Coaches. They will speak about their journeys to becoming a coach and what matters most in their relationships with their participants. You will have the opportunity to ask the panel questions, including those you may have been afraid to ask in the past.

March 4, 2024: Treatment Options – What Treatment When? At this forum, we will hear from a panel of experts about local treatment and recovery resources, what to look for in a treatment facility, how to deal with costs of treatment, and sober living options. The discussion will include treatment options for adolescents as well as how to overcome barriers to treatment.

April 1, 2024: Let It Be – The Neuroscience of Mindfulness, Yoga, and Meditation. Science demonstrates that mindfulness, yoga, and meditation are conducive to a healthier, more balanced life. They provide support for long-term recovery by contributing to a heightened sense of well-being and happiness. But HOW do these practices provide these benefits? What changes do they facilitate in the brain and body that increase one's sense of peace and life satisfaction? At this forum, you will hear from experts who can answer these questions, and you will have the opportunity to try one or more of these practices yourself.

May 6, 2024: Medication-Assisted Treatment – Is It Effective? What's New? At this forum, you will hear an expert discuss various types of medication-assisted treatment for substance use disorder, including how to access it, its benefits, possible drawbacks, and why it is becoming more and more popular. We'll also hear from a person who has been able to find and maintain their recovery thanks to MAT.

*For more information contact Northwest Wayne FAN at nwwayne@familiesagainstnarcotics.org
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June 3, 2024: Recover with a Clean Slate. At this forum, you will hear a legal expert explain the new, more expansive rules in Michigan for expunging a person's criminal record, and what actions one can take to achieve expungement of certain criminal convictions. You will be able to ask questions regarding opportunities for expungement of specific convictions in a variety of unique circumstances.

THERE WILL BE NO PUBLIC FORUM IN JULY

August 5, 2024: Family Recovery Stories. At this forum, people whose lives have been severely impacted by a loved one's addiction will share their stories. Join us to hear how these brave family members navigated their difficult situations and learned to take care of themselves despite the toll their loved one's addiction was taking on their lives.

THERE WILL BE NO PUBLIC FORUM IN SEPTEMBER

October 7, 2024: From Incarceration to Recovery. This forum will explore the journeys of people with a substance use disorder who went from being incarcerated to finding long-term recovery. How did they do it? Do they believe their incarceration helped or hindered their ability to achieve recovery? Do they believe that there could have been changes to their circumstances of incarceration that could have better supported their recovery efforts?

November 4, 2024: The Importance of Service. At this forum, you will hear from a panel of persons in recovery, family members of addicted loved ones, and a clinical therapist about the importance of service to a happy and fulfilling life. But what kind of service should one engage in? And how can one find the time? These and more issues will be explored.

December 2, 2024: Relationships is Recovery. Relationships--whether they are romantic, platonic, or familial--are challenging, because they require things like vulnerability, communication, and compromise. But when a person finds recovery, the challenges of some relationships can become even greater. How do people in recovery navigate relationships? How do they juggle being present in a relationship while, at the same time, making their recovery a priority? And what special issues arise when you have a family? At this forum, we will hear from an expert on this topic, as well as from individuals in recovery who will share how they coped with and repaired relationships in the midst of taking care of their own needs and maintaining their sobriety.

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