

# SUBSTANCE ABUSE SUPPORT GROUP



**Jewish Family Service  
of Greater Dallas**

*An open door to all in need*

## **Mondays**

6:00pm to 7:30pm | JFS, 5402 Arapaho Rd Dallas, TX 75248

For adults 18+ | \$10/session

*Runs every Monday for 6 Weeks, beginning October 15th*

*Led by Janet Henson (LPC, LCDC) and Karen Farr (PsyD)*

Dependence on drugs and alcohol doesn't only effect the person that uses, it also has a large impact on those around them. Having a family member, friend, or co-worker that is addicted or using a substance creates a feeling of powerlessness, fear, and often depression in those that are in the lives of the person using. This group is designed to bring hope, information and support to those that are effected by drug and alcohol use in their families or friends. We will cover what it means to be addicted, how substance dependence occurs and how to deal with those persons in our lives that suffer from dependence in a healthy manner. We will also explore how to keep ourselves healthy in relationships with dependent or using family and friends.

**Know someone  
struggling?**

**Looking for support?**

**Have a family member  
dealing with addiction?**

*This is a closed group and space will be limited. If you would like to be a part of this group please call Janet Henson at 972-437-9950*



Community Partner of  
Jewish Federation  
of Greater Dallas



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