

Help and Hope for the Family of Addicted Loved Ones

Free Support Groups for Families in NKY

Latonia/Kenton County

Catholic Charities
3629 Church St. Latonia, KY 41015
Wednesday Evenings 6:30-8:00pm
Information: (Laura) 859.581.8974



Mentor/Campbell County

Mentor Baptist Church
3724 Smith Rd. Mentor, KY 41007
Tuesday Evenings 6:30-8:00pm
Information: (Toni) 859.414.8873



Union/Boone County

Big Bone Baptist Church
11036 Big Bone Church Road
Union, KY 41091
Special instructions: parking and entrance at
back of church
Wednesday Evenings 6:45-8:15pm
Childcare provided for ages 2-youth
Information: (Gregg) 859.250.2331



Florence/Boone County

Crossroads Church
828 Heights Blvd
Florence KY, 41042
Monday Evenings
(2nd and 4th Monday each month)
7:00pm – 8:30pm
Information: (Tony) 513.476.8138



Florence/Boone County

SOAR Family & Friends Group
7 Hills Church Freedom Night www.7hillschurch.tv
6800 Hazel Drive, Florence, KY 41042
Friday evenings @ 8pm following Freedom Night Service
Childcare Provided
Contact: (Stacie) 859.802.2783

PAL, Parents of Addicted Loved Ones, is a FREE support group led by family members. We offer education and support to family members dealing with the pain of loving an addict or alcoholic.
(see additional information about PAL on the back of this sheet)

There is Hope



PARENTS OF ADDICTED LOVED ONES

“I can’t thank the group leaders enough for their insight and knowledge. They have managed to bring me peace of mind by teaching me how to interact with my addicted loved one. Since my behavior has changed, my loved one’s behavior has improved. I encourage anyone who is frustrated or ashamed to join PAL.”

--N.C., Parent

“When my family got better, I got better.”

--Recovering Addict

“ We have found comfort in knowing we are not alone in this journey. We are learning to set healthy boundaries with our daughter.

--L.G., Parent

Free educational support group for parents and families of addicted loved ones

(PAL Participants must be 18 or older)

Meetings held in NKY are listed on the back of this page.

PAL Group Education topics and discussions include:

- ✓ Addiction cycle
- ✓ Traits and behaviors
- ✓ Delayed emotion growth
- ✓ Role of family
- ✓ Releasing your loved one
- ✓ Emotional detachment
- ✓ Setting realistic boundaries
- ✓ Accepting consequences
- ✓ Enabling behaviors
- ✓ Financial strings
- ✓ Steps of recovery
- ✓ Recognizing relapse

Additional PAL information and helpful resources can be found at

www.palgroup.org

- Suggestions are offered in place of advice
- Encouragement is provided in place of judgment

A Nugget from PAL:

“When we change the way we help our loved one, rather than trying to change them, it gives us realistic hope.

--Mike Speakman, Founder of PAL 2006

***** See List of FREE NKY Support Group Meetings on the back of this page *****