



**PAL** PARENTS OF  
ADDICTED  
LOVED ONES

YOU ARE NOT ALONE

## NEW PARENT SUPPORT GROUP

For families of adult children  
dealing with substance addiction

### Parents of Addicted Loved Ones (PAL) PROVIDES HOPE

*"PAL  
brought back  
hope, sanity and  
purpose in our lives.  
We have learned  
to live again."  
- PAL parent*

**2<sup>nd</sup> and 4<sup>th</sup> Monday of  
each month 6:30-8:00**

**St. Joseph Church**

409 S. Bridge St.  
Belding 48809

**CONTACT: Cara Byrne**

231-250-5891

Kelly Porter

989-560-6756

*Participants must be 18 or older.*

#### **TOPICS INCLUDE:**

The addiction cycle • Enabling behaviors • Delayed emotional growth  
Role of the family • Setting realistic boundaries • Emotional detachment  
Financial strings • Steps of recovery • Recognizing relapse

**FOR MORE ABOUT PAL, VISIT THE WEBSITE AT  
[www.palgroup.org](http://www.palgroup.org)**



## Welcome to PAL!

PAL is a support group of parents helping parents, using an evidence-based, structured curriculum created by professionals in the treatment and recovery industry. Weekly meetings offer addiction education and support at no charge for parents and other family members who are trying to support a loved one through an addiction.

### WE'RE GLAD YOU'RE HERE.

#### A few things we want you to know:

- We welcome your point of view.
- We will be supportive of you whether you choose to do what is suggested or not.
- Meeting facilitators are parent volunteers, not counselors. Every suggestion and point of view you hear will reflect that person's experience, not necessarily the opinions of PAL as a whole.
- What you hear in meetings, and what you say in meetings, should remain confidential.\*
- All PAL attendees must be 18 or older.
- PAL is a support group of parents helping parents. Therefore, it is not a place for you to bring your addicted loved one.

**\*Note regarding confidentiality:** *Although laws vary in different states, child welfare is paramount. Anything shared in our meeting regarding child abuse or endangerment cannot be expected to fall under confidentiality and may be immediately reported to authorities.*

*Please also note that while dealing with the issue of addiction, it is not uncommon for a loved one to threaten self harm/suicide. Even though this can be a form of manipulation, it should always be taken seriously. Please call 911 if you encounter this issue.*

#### OUR MISSION:

PAL provides hope, through education and support, to parents of addicted loved ones.

#### OUR VISION:

Make PAL meetings available to all parents of addicted loved ones.

#### TO FIND A MEETING

or to learn how to start a meeting, please visit:

[palgroup.org](http://palgroup.org)

Belding P.A.L. Meets at 6:30 pm  
2<sup>nd</sup> & 4<sup>th</sup> Mon. of the month  
St. Joseph Church Campus  
409 S. Bridge St., Belding, MI 48809



Parents of  
Addicted Loved  
Ones - PAL



[palgroup4you](https://twitter.com/palgroup4you)



[palgroup4you](https://www.instagram.com/palgroup4you)



[palgroup.org](http://palgroup.org)



Parents of Addicted Loved Ones



# Welcome...



YOU ARE NOT ALONE



## PAL PREAMBLE

**Welcome to PAL, Parents of Addicted Loved Ones, a support group of parents helping parents.** We meet every week to offer education and support, at no cost, for parents who are dealing with a son or daughter battling addiction. PAL can also help spouses who feel they have to parent a partner with addiction issues.

PAL is especially helpful for parents and spouses, however all other sober family members and friends (18 or older) are welcome at our meetings. You will have an opportunity to give support and receive support from others facing the same challenges.

There are two parts to our PAL meetings. There is an educational component and an opportunity to share about your current experiences. We value confidentiality and we understand that everyone has their own opinion. We strive to be non-judgmental and to not provide advice, but to offer suggestions. All of our educational topics are theory and we believe you can “take what you want and leave the rest.”

We understand that everyone experiences this journey at their own pace and we will be just as supportive of you whether you choose to do what is suggested or not. We believe in the power of prayer and it is our desire that by attending our meetings you will learn proven ways to help your loved one and ultimately learn to find joy in your own life regardless of the choices of your loved ones.

## PAL RECOMMENDED LITERATURE

- ***The Four Seasons of Recovery for Parents of Alcoholics and Addicts***  
Mike Speakman
- ***Smoke & Mirrors***  
Dorothy Marie England

## 9 LESSONS

1. Delayed Emotional Growth
2. Three Promises to a Loved One
3. Helping: Unhealthy Versus Healthy
4. Enabling Checklist
5. Four Stages of Growth in Recovery
6. 13 Family Lessons About Recovery
7. Roles Addict Alcoholic and Family
8. Understanding Re-Entry
9. Healthy Adult Relationships

Currently there are a few supplemental lessons authorized for use in PAL meetings.

**Details can be found at:**  
[palgroup.org/about-our-meetings/meeting-lessons](http://palgroup.org/about-our-meetings/meeting-lessons)

## 11 GUIDING PRINCIPLES

1. We honor the PAL Preamble.
2. Each PAL meeting has one purpose, to help parents and family members who are dealing with an addicted loved one.
3. We are a faith-based organization and we believe in the power of prayer.
4. PAL meetings and educational materials are offered free of charge.
5. PAL does not endorse, finance, or lend our name to any outside enterprise.
6. PAL facilitator positions are trained volunteer positions.
7. PAL meetings are open to all people of any faith who are seeking to learn a better way to help an addicted loved one.
8. PAL facilitators are parents or spouses of addicted loved ones.
9. Each group is autonomous except in matters affecting another group or PAL as a whole.
10. Each PAL facilitator is an invaluable resource for developing future facilitators.
11. Anonymity is vital for PAL participants in every meeting.

## STANDARD MEETING FORMAT\*\*

The following outline represents a typical PAL meeting. Additional elements are not authorized or recommended by PAL.\*\*

1. **Opening—Introduction and Welcome:** Facilitator introduces self and welcomes participants.
2. **Announcements:** Facilitator announces any changes relating to the group and opens up the floor for PAL related announcements.
3. **Prayer:** Facilitator opens meeting in prayer, or asks for a volunteer to do so.
4. **Preamble:** Facilitator or volunteer reads the preamble. Facilitator reminds group of importance in maintaining confidentiality.
5. **Introduction of Participants:** Each participant briefly introduces self and mentions who they are here for (son, daughter, spouse, etc., loved one's age, drug of choice, and how long they have been on this journey).
6. **Educational Topic: (20 to 40 Minutes)**  
**GROUP READING:** Facilitator passes around a copy of the Educational Topic. Each person reads a paragraph.  
**MEMBERS SHARE** their opinions of the reading and how it applies to them.
7. **Check-in:** Each person shares “what’s happening” in their present *life challenges*. It’s okay if a person would rather “pass.”  
**TIMELY PRAYER:** If a member is struggling and requests a prayer, the facilitator or a volunteer can pray for them.
8. **Closing:** Facilitator wraps up with a quote or short reading, then closes in prayer or asks a volunteer to close in prayer.

\*\*There are three alternate meeting formats available that are authorized by PAL. Details of these formats are available online at:  
[palgroup.org/about-our-meetings/meeting-format](http://palgroup.org/about-our-meetings/meeting-format)