



FREE PARENT SUPPORT GROUP

For families of adult children dealing with substance addiction

Participants must be 18 or older

Parents of Addicted Loved Ones (PAL)

PROVIDES HOPE

through education and support

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

Every Tuesday beginning September 3, 2024 @ 6 p.m.

Saint Luke's Episcopal Church
402 South Scott Street
Scottsboro, AL 35768

**CONTACT: Tammy Swafford
423-580-6089**

FIVE weekly meetings featuring:

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

**FIND OUT MORE ABOUT PAL:
www.palgroup.org**