

## Oak House Family Night

Welcome to the Oak House Family Group. We want to thank you for coming. We know that there has probably been many questions regarding your loved one's relationship to their drug or alcohol use for a long time. You may have heard promise after promise to you about quitting and or cutting down only to be disappointed time after time. It may have gotten to the point where you feel that you can no longer believe anything that he says about staying on the wagon or being clean. The arguments, guilt, resentment and fear that come with living with an active user and /or drinker is extremely difficult. The hours of worry and concern can be extremely stressful. This often times creates physical and mental issues of their own. To watch someone slowly, drink-by-drink, pill-by-pill, or hit-by-hit or line by line killing themselves can make a person a basket case. The financial burden is many times another problem, the constant scheming and "borrowing" of money. The loans that are never paid back.

We here at Oak House are hoping that through education we can help you to see the difference between enabling and helping. Co-dependency does not grow overnight and it does not get better overnight. We know that the first step in understanding why people who are seemingly intelligent in most areas of their life would continue to use or drink something that causes profound negative consequences. A parent or spouse of an alcoholic and or addict many times will require treatment themselves. 12 step programs for the family members can help to relieve some of the internal turmoil that often plagues these people.

It will take quite some time to trust an addict or alcoholic again for most family members. Many of our family members here at Oak House have been through this before and seen treatment after treatment. Addiction does not go away, ever, and many times people will go through changes when they realize that relapse can happen at any time at any level of Sobriety. The most important thing a family member or significant other can arm themselves with is information about the disease and how it affects the entire family. We at Oak House believe this is a Family Disease.

Tonight we want to focus on the idea that alcoholism is a disease that runs in families. We know that chemical dependency has a genetic predisposition.

**REMEMBER THAT IF WE LIVE *IN THE SOLUTION* OF EVERY PROBLEM WE HAVE, WE WILL HAVE LESS STRESS, LESS WORRY, AND LESS TENSION IN OUR FAMILIES AND RELATIONSHIPS.**

## **Oak House Family Night**

7:00 p.m.      Introductions

7:15 p.m.      Ice Breaker

8:15 p.m.      Discussion topic  
                    “A cognitive model for Healthy Communication”

8:30 p.m.      Conclusion