



# SAFE

## Building Safer Communities Through Substance Abuse Education



**SUBSTANCE ABUSERS AND ADDICTS COME IN ALL SHAPES AND SIZES.** They are parents whose addiction has cost them their children. They are friends who have lost jobs and the motivation to succeed. They are children who once were happy and focused and now have become quiet and withdrawn. Addiction is powerful and it turns our loved ones into people we don't recognize, making those who love them feel hopeless, hurt and scared.

**DON'T LET ADDICTION WIN.** Gain strength and support through others who share your story. Discover the tools available to help you cope and understand. Find the power to overcome.

Community First Solutions offers a **FREE AND FLEXIBLE FAMILY SUPPORT GROUP** dedicated to providing information, resources and help for individuals with loved ones suffering from addiction. Join us as we come together in an informal, supportive environment to understand, cope, build a community, and heal in a healthy way.

## TOPICS OF DISCUSSION INCLUDE:

- How to recognize and understand addiction
- Setting Healthy Boundaries
- Forgiveness and how to have compassion for an addict
- Recovery strategies and coping skills
- Identifying triggers and how you can help your loved one avoid them

*Groups meet weekly and are led by Community First Solutions staff  
with clinical expertise in mental health and addiction services.*

### HAMILTON

**Mondays | 6:00 - 8:00 p.m.**

442 S. Second Street  
Hamilton, Ohio 45011

### MIDDLETOWN

**Wednesdays | 6:00 - 7:30 p.m.**

800 Lafayette Ave.  
Middletown, Ohio 45044  
*(The Robert "Sonny" Hill Community Center)*

FOR MORE INFORMATION PLEASE CONTACT OUR HAMILTON OFFICE AT (513) 785-4784

[WWW.COMMUNITY-FIRST.ORG](http://WWW.COMMUNITY-FIRST.ORG)