

Family Recovery & Support

VIRTUAL GROUP

Mondays from 6:30 to 7:30 p.m.
via Zoom for Telehealth

"Talking about my son's addiction was the first step toward us living a normal life."

"Hope is here for anyone who wants it...that's my advice."

"I learned how to be supportive in ways that eased my anxiety and actually helped my loved one."



As we weather the ongoing coronavirus pandemic, daily life can be stressful, even more so for family and friends of those with addictions. Concern about a loved one's health and continued recovery can feel overwhelming.

The family counseling team of CSB's A New Beginning program invites family members and concerned others of individuals with substance use issues to join their new weekly virtual family psychoeducation meetings.

In these sessions led by the family counseling team of the CSB's A New Beginning program, families can:

- Develop hope by sharing with others in similar circumstances.
- Get trustworthy information and resources.
- Learn self-care strategies.

These evidence-based, confidential meetings will be held each Monday from 6:30 to 7:30 p.m. (excluding holidays) via Zoom for Healthcare.

In order to access the online class, you will need:

- A smart phone, tablet, desktop or laptop computer equipped with a camera, microphone and speakers.
- Zoom video meetings conferencing software, available for free download.

To register to attend, contact Natalie Holmes (Natalie.Holmes@fairfaxcounty.gov, 703-502-7024) or Lisa Taylor (Lisa.Taylor@fairfaxcounty.gov, 703-502-7016) to receive the login information for the call. Registration will be confirmed via email, including log-in instructions for Zoom and guidelines for maintaining the confidentiality of group participants.

www.fairfaxcounty.gov/csb



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. Call 703-324-7000, TTY 711.

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