



A Support Group for Individuals who love someone involved with

opioids. The group is designed to provide not only an understanding of Opioid Misuse and Abuse, but also the impact of substance abuse/addiction on families as well as prevention strategies. **This program is free.**

The group will be facilitated by Donna M McNally, MSW, LICSW, LADC1, Licensed Independent Clinical Social Worker and Licensed Alcohol and Drug Counselor, is a clinician at Mount Auburn Hospital's Department of Outpatient Psychiatry trained in family therapy with extensive clinical experience in diagnosing and treating substance abuse, as well as families members impacted.

The group will meet (virtually) for 8 consecutive weeks **Tuesday evenings 5:30-6:30pm**

Start date: Tuesday, January 5th and ending Tuesday February 23RD, 2021.

Format: There will be 15 minutes of psychoeducation followed by 45 minutes of discussion/support

Pre-Registration is required - a Zoom link will be sent to those who are registered.

Resources will be discussed and training on administering Narcan will be provided

Session One	Welcome and Overview/Expectations
Session Two	Understanding Opioid Misuse/Abuse
Session Three	Families Are Affected by a Loved One's Misuse/Abuse of Opioids
Session Four	Understanding Dependence and Withdrawal
Session Five	Understanding Opioid Overdose
Session Six	Minutes That Could Save a Life
Session Seven	Prevention/Treatment/Resources
Session Eight	What We Have Learned and Wrap Up

Online registration at www.mountauburnhospital.org
Search for "Support Group" under Classes and Events.

Contact information: Email mahwellness.org or contact 617-499-5625

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through a grant from the City of Cambridge**