



**PARENTS OF  
ADDICTED  
LOVED ONES**

**YOU ARE NOT ALONE**

## **PARENT SUPPORT GROUP**

**For families of adult children  
dealing with substance use disorder**

*Participants must be 18 or older.*

### **Parents of Addicted Loved Ones (PAL) PROVIDES HOPE**

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

*- PAL parent*

### **YOU ARE NOT ALONE**

***Supporting families who are dealing with  
the pain of an addicted adult loved one***

Parents of Addicted Loved Ones  
Adventure Church of Yuba City  
876 W Onstott Frontage Rd  
Yuba City, CA  
For information: 530-822-9216

### **FREE weekly meetings feature:**

- **Education**
- **Peer-to-peer support**

### **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

[www.palgroup.org](http://www.palgroup.org)

602-512-1454 • [info@palgroup.org](mailto:info@palgroup.org)