### WINTER 2020

How Can We Help?

**The Family and Friends Support Group**

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<th>Date</th>
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<td>January 7th</td>
<td>Open Group</td>
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| January 14th| Co-dependency and Enabling  
*Jody Davis*  
What is it, how can we identify if we are doing it and what can we do if we are?  
*Jody Davis is the Executive Director of Coram Deo, Sober Housing for Women.* |                                                                                 |
| January 21st| Open Group                                                            |                                                                                 |
| January 28th| The Healing Power of Mindfulness  
*Vamsi Koneru, PhD*  
Learn about how mindfulness: what is it; how is it practiced and how it can help us heal.  
*Vamsi Koneru, PhD is a Certified Mindfulness Instructor, Assistant Professor at UConn Medical School, Psychotherapist and Copper Beach Institute board member.* |                                                                                 |
| February 4th| Open Group                                                            |                                                                                 |
| February 11th| Is Addiction a Disease?  
Join us to learn about how addiction is currently being classified warranting a change in approach. |                                                                                 |
| February 18th| Open Group                                                            |                                                                                 |
| February 25th| NARCAN Training  
Join us to learn how/when to administer what can be a life-saving substance in an opioid overdose. |                                                                                 |

**Tuesdays 6:30 pm @ Wellspring Church:** 222 Lincoln Street, Kensington, CT  
*A Light Supper is served at 6:30 pm. Group: 7:00-8:00 pm*

**Check back for updates.**  
[https://www.howcanwehelp.live/support-group.html](https://www.howcanwehelp.live/support-group.html) or [https://www.ccthd.org/opioid-program](https://www.ccthd.org/opioid-program)