
Family Dynamics Support Group

ABOUT US

Workshops are 60 minutes long and free of charge.

Family Dynamics is facilitated by Robert Roth, licensed Marriage, Family & Child Counselor, and Master Addiction Counselor.

Families with a loved one addicted to drugs and alcohol can find support and hope from a Family Dynamics meeting.

Family Dynamics is also a private and closed online support group. Families can join the group via Facebook.



understanding the problem, and focusing on possible solutions. We do not endorse any other programs actions or way of thought. The meetings are simply a way to gain education about addiction and recovery so that families can make their own informed decisions.

Members can attend any week they want, and are not required to follow any specific suggestions. The only requirement for membership is a desire to get support and be supportive. We strongly believe that the key to a successful recovery is for the family to heal together.

THE FAMILY DYNAMICS STORY

While working with addicts and alcoholics being treated for substance abuse, we witnessed how the family is impacted. Every single person in an addict or alcoholics family is affected in some way by an individual's substance abuse. Addiction impacts a family's psychological wellbeing, physical health, and finances.

Many family members feel like they are alone with this problem. In reality, there are other families and family members who are going through, or have been through that same struggle. We realize that the therapeutic value of one family helping another is without parallel.

Family Dynamics was created to bring families together and provide education, awareness, and support. We found that these groups work as a families issues are more alike than they are different. Our workshops meet bi-weekly to help each other with issues surrounding having a loved one in addiction.

HOW DOES FAMILY DYNAMICS WORK

Family Dynamics is considered a supplement to other 12 step programs including Al-Anon and NarAnon. Family Dynamics is not affiliated with those organizations, however we do support other 12 step programs for families.

Family Dynamics is a support group workshop that is facilitated by a licensed professional therapist, or a peer that's trained to facilitating group. Each workshop has an educational component and a sharing component. Meetings are generally 60 minutes long and contain information about addiction and recovery.

“Attendees will gain insight into the family disease of addiction, and develop tools to help the family recover from the disfunction that arises from addiction.” –Robert Roth

The support group helps parents understand addiction by using other families experiences and what works. The groups are centered in

MEETING FORMAT

The Family Dynamics workshop allows families to learn proven ways to help loved ones, and find peace and joy in their own personal life. These meetings provide a way to help manage the issues that surround having a loved one who is addicted.

The Family Dynamics meeting follows a similar format each week. This meeting begins with prayer, followed by the stating of group guidelines (confidentiality, etc.), introductions, then exploration/discussion of an educational topic, such as:

- Enabling and denial
- Defining addiction
- The alcoholic family
- Healthy relationships
- Empathy
- Respect and judgement
- Addiction and recovery

At our workshops, group attendees will work with a therapist to gain understanding and coping skills when dealing with a loved one with a substance abuse disorder. Meetings are 60 minutes long and free of charge.

FREQUENTLY ASKED QUESTIONS

Q: Do I have to speak at a Family Dynamics workshop?

A: Each person has the option to participate but sharing is not required. There is no obligation to contribute and anyone is welcome to just come and listen.

Q: Can I come to the meeting if I am not a parent or a spouse?

A: Family Dynamics welcomes all family members and friends of an addicted loved one. The more family and friends who receive education about addiction, the better the chances are that an addicted person will get help.

Q: Can I attend the group if I am in recovery myself?

A: Yes, as long as you are trying to support a loved one or help a loved one.

Q: Does Family Dynamics have sponsors?

A: No, we learn together from educational topics and each other's experience. Family Dynamics group supports each other through group education about addiction.



ONLINE GROUP

“Family Dynamics Support Group” on Facebook is a group of parents and family members with loved ones who suffer from addiction. The primary focus is recovery for family members. We encourage members of the group to focus on their own recovery from the addiction of their loved ones by attending Family Dynamics workshops.

This is a closed group. Everything shared in the group is completely confidential. Anyone who violates this rule will be removed from the group and reported to Facebook. There is no sharing of any of the posts directly from the group. Please refer to the group policies on the Facebook page for more information.

Contact Us

Family Dynamics Support Group

FamilyDynamicsGroup
@Gamil.com

<https://www.facebook.com/groups/FamilyDynamicsGroup/>

FamilyDynamicsGroup@Gmail.com

Family Dynamics Support Group – Meetings for 2018

Saturday, February 17th 11:00am – 12:00pm, Doors open @ 10:30am	Prince of Peace Church 11900 Darnestown Road Gaithersburg, MD 20878
Saturday, March 3rd 11:00am – 12:00pm, Doors open @ 10:30am	Prince of Peace Church 11900 Darnestown Road Gaithersburg, MD 20878
Saturday, March 17th 11:00am – 12:00pm, Doors open @ 10:30am	Prince of Peace Church 11900 Darnestown Road Gaithersburg, MD 20878
Saturday, March 31st 11:00am – 12:00pm, Doors open @ 10:30am	Prince of Peace Church 11900 Darnestown Road Gaithersburg, MD 20878
Saturday, April 14th 11:00am – 12:00pm, Doors open @ 10:30am	Prince of Peace Church 11900 Darnestown Road Gaithersburg, MD 20878
Saturday, April 28th 11:00am – 12:00pm, Doors open @ 10:30am	Prince of Peace Church 11900 Darnestown Road Gaithersburg, MD 20878
Saturday, May 12th 11:00am – 12:00pm, Doors open @ 10:30am	Prince of Peace Church 11900 Darnestown Road Gaithersburg, MD 20878
Saturday, May 26th 11:00am – 12:00pm, Doors open @ 10:30am	Prince of Peace Church 11900 Darnestown Road Gaithersburg, MD 20878
Saturday, June 9th 11:00am – 12:00pm, Doors open @ 10:30am	Prince of Peace Church 11900 Darnestown Road Gaithersburg, MD 20878
Saturday, June 23rd 11:00am – 12:00pm, Doors open @ 10:30am	Prince of Peace Church 11900 Darnestown Road Gaithersburg, MD 20878
Saturday, July 7th 11:00am – 12:00pm, Doors open @ 10:30am	Prince of Peace Church 11900 Darnestown Road Gaithersburg, MD 20878
Saturday, July 21st 11:00am – 12:00pm, Doors open @ 10:30am	Prince of Peace Church 11900 Darnestown Road Gaithersburg, MD 20878
Saturday, August 4th 11:00am – 12:00pm, Doors open @ 10:30am	Prince of Peace Church 11900 Darnestown Road Gaithersburg, MD 20878
Saturday, August 18th 11:00am – 12:00pm, Doors open @ 10:30am	Prince of Peace Church 11900 Darnestown Road Gaithersburg, MD 20878
Saturday, September 1st 11:00am – 12:00pm, Doors open @ 10:30am	Prince of Peace Church 11900 Darnestown Road Gaithersburg, MD 20878
Saturday, September 15st 11:00am – 12:00pm, Doors open @ 10:30am	Prince of Peace Church 11900 Darnestown Road Gaithersburg, MD 20878