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SUPPORT GROUP FOR FRIENDS & FAMILIES OF SUBSTANCE ABUSERS

Grace United Methodist Church is hosting a confidential peer-led support group for friends/family of those suffering with substance abuse.

Wyckoff, NJ: In an effort to help those members of the community who are struggling with family members, friends, neighbors, co-workers, etc. who are abusing substances, Wyckoff's Grace United Methodist church is hosting a peer-led support group on Thursday evenings at 7:45pm. This is a group that protects and respects the confidentiality of each individual and their story.

We are all alarmed by recent reports of a number of heroin deaths in Bergen County and the increase of substance abuse in our area. This group, which is open to everyone, will be free and will offer education, support, and sharing. It is not a 12 step program, nor is it for substance abusers themselves.

This group will allow participants to share their common experiences with substance abuse involving their friends and family members. From time to time, we will invite guest speakers from the fields of medicine, law enforcement, support groups, and the courts. Note, however, that is to be a self-help group, with no "leaders" or "experts"; participants will not be told what to do, but will be allowed to speak (or not) about their own experiences and feelings, in a confidential non-judgmental environment.

Meetings are being held Thursdays, at 7:45pm, at Grace United Methodist Church at 555 Russell Avenue in Wyckoff. If you have any questions comments, or suggestions, please send an email to SAfriends@gumc.org or call 201-891-4595 and ask for Pastor Pamela. All are welcome and we look forward to meeting with you!