



Touched by Addiction Support Group

JFCS is offering this support group for family members who have a loved one grappling with current or past substance use issues. Addictions of all kinds can create turmoil in the lives of those grappling with their dependencies and can directly impact family members and loved ones. This support group will help ease the feeling of isolation as a loved one of a person struggling with addiction. Join with others who have experienced similar challenges. In addition to sharing personal experiences, insights, and advice, you will learn about and engage with speakers on topics related to co-dependency, self-care, combating denial, healthy role modeling, depression & anxiety, and how to feel empowered in confronting these issues.

Group Facilitator



Sarah Waxman, LCSW is a JFCS Family Life Educator and experienced psychotherapist. At JFCS, Sarah supports programming focused on substance use prevention, awareness and education, and connecting community members to addiction support services at all levels of care. Sarah works with adults in their process of healing around trauma, mood disorders, family dynamics and relationship concerns, life transitions, and substance use disorders.

When: Wednesday evenings every other week, January 8, 2020 through June 24, 2020
(Jan. 8; Jan. 22; Feb. 5; Feb 19; Mar. 4; Mar. 18; Apr. 1; Apr. 29; May 13; May 27; June 10; June 24)
6:30–8:00pm

Where: The Barbara and Harvey Brodsky Enrichment Center of JFCS
345 Montgomery Ave, Bala Cynwyd PA

Cost: \$36 for the year. Registration Required. Reduced rate available based on need.

RSVP: For more information and to register for the group, contact Sarah Waxman, LCSW at SWaxman@jfcsp Philly.org or 267.804.5888