### Resources

NOMNWPA.org
LetsTalkHelps.com
DrugsKillDreams.com
NWPANA.org

NA.org

**NWPAAA.org** 

**AA.org** 

**PA-Al-Anon.org** 

**Al-Anon.org** 

(844) 643-5766 Local 24/7 Drug/Alcohol

(814) 724-2732 Local 24/7 Mental Health

Let's Talk... Line (814) 333-3916

Text HOME for 24/7 Crisis 741741

NA Helpline (888) 251-2426

Local AA Helpline (814)-337-4019

Dial 211 for local resources 211

## The Serenity Prayer

God, grant me
the serenity to
accept the things
I cannot change,
the courage to
change the things
I can, and the
wisdom to know
the difference.

Nothing Changes, Nothing Changes



Resource Guide for Families

Learn more: nomnwpa.org

#### **Monthly Family Support Groups**



Grief Group

French Creek Community Church 18320 Conneaut Lake Rd Meadville PA 16335

1st Tuesday/Monthly 7:00p



Support for Survivors Of Suicide Loss

Lew Davies Center 1034 Park Avenue Meadville PA 16335

2nd Tuesday/Monthly 7:00p



Hope for Healing Hearts

MMC 1034 Grove Street Meadville PA 16335

3rd Tuesday/Monthly 7:00p

# You are not alone!

There are many people in our community affected by mental health and substance use disorders!

You needn't navigate loving someone dealing with a substance use disorder or loss of a loved one to suicide or drug overdose death alone.

Pain shared is pain halved. Joy shared is joy doubled.

Join us at any of these groups in the Meadville area to get support during this stressful and difficult time.

#### **Weekly Family Support Groups**



**Al-Anon** 

Christ Episcopal Church 870 Diamond Park Meadville PA 16335

Tuesday/Weekly 12:15p



Celebrate Recovery

New Beginnings 13226 Leslie Road Meadville PA 16335

Wednesday/Weekly 7:00p



**Al-Anon** 

MMC 1034 Grove Street Meadville PA 16335

Thursday/Weekly 8:00p