

# New Leaf Community Center

## Weekly Recovery Meetings:

### **Sunday**

NA, 6:30 pm

Contact Mike: 724-422-9827

### **Tuesday**

Nar-Anon, 6:00 pm

Contact Donna: 814-446-5714

### **Tuesday**

Family Peer Recovery, 7:30 pm

Contact Kim: 724-840-9160

### **Wednesday**

All Recovery and Family Recovery

**Free Lunch**, 11 am - 12 pm

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Family Recovery, 1:00 pm

Contact Ray: 724-676-2111

### **Thursday**

All Recovery, Peer Group, 6:30 pm

Contact Joe: 814-470-0142

**Free Dinner** at the Thursday  
Group meeting!

**Other services:** If you don't have insurance, we have assessment personnel in the tri-county area that can get you enrolled in Medicaid.

We also have access to grief, EMDR and psychological counseling services.

**Let us help you!**

My New Leaf, Inc.  
3459 State Route 981  
Saltsburg PA 15681

# New Leaf Community Center

**Become an Advocate For a  
Friend or Someone You Love**

**Free  
Confidential  
No Judgment**



Stamp Here

Call: 724-676-2111

NewLeafRCO@gmail.com

736 Lincoln St., Bolivar, PA 15923

Facebook: Finding Peace~Family Peer Recovery Group

Twitter: @My\_NewLeaf

## Ten Ways to Becoming An Upstander.

1. Learn more about the effects that addictive substances have on your friend. One such resource is Daley Publications. The Family Guide workbooks are particularly effective.

<http://www.drdenniscdaley.com/>

**AVAILABLE FOR FREE AT OUR CENTER**

2. Have an honest and open dialogue when the person is sober. Encourage them to start where they are, do what they can and persevere.

3. Change your language and avoid stigma. Calling people names like 'addict' or 'junkie,' is not only demeaning, it pigeonholes someone's entire being to that one single characteristic.

The words we use matter. For more help with this see:

<https://www.shatterproof.org/about-addiction/stigma/stigma-reducing-language>

4. Do your best to keep moral judgment out of your voice. The goal is to bring you closer together so that you can help rather than increasing the distance between you. Keep in mind there is overwhelming evidence that addiction results in brain changes that makes it even more difficult to stop using, though recovery is possible!

5. Do not be afraid to address your concerns about their substance use and/or mental health directly, doing so in a sincere and loving manner.

6. Healthy relationships have boundaries. Loving someone with an addiction does not mean that you have to ignore your emotional well-being nor should ever jeopardize your safety or the safety of others, especially vulnerable individuals such as children. You have the ability to decide what boundaries work for you and your family, with safety being a top priority.

7. Help them find the recovery resources if they don't know where to start. A good list of useful books: <https://www.recovery.org/6-essential-books-for-those-with-an-addicted-loved-one/>

8. Get other friends involved. Attend Peer-Recovery Group sessions together at our Bolivar or Saltsburg location. Info Call 888-948-4424 or visit:

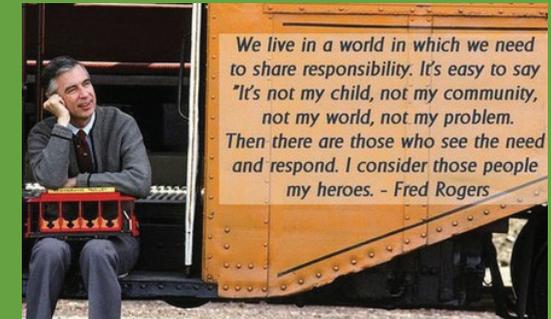
<https://facebook.com/mynewleafrecovery>

9. Consider active family engagement with licensed therapists or counselors to determine the best way to approach your loved ones. At our center, we have the resources ready to offer you and your loved one.

10. Continue your support and love even in the face of recurrence. Addiction is a chronic condition and recovery is a process that may often include resumed behavior.

**DON'T EVER LOSE HOPE!**

## By Our Silence We Let Others Define Us: Become an Upstander!



**People with substance abuse problems do not live in a vacuum.**

Friends and family are often acutely aware of how substance abuse is changing and challenging the relationship with the people they love. Uncertainty surrounding how to navigate strained relationships and/or hesitation to directly address the issue of addiction may result in individuals with addiction turning to unhealthy relationships to lessen the sense of isolation, in turn strengthening the power addiction holds.

**One way to help is to become an upstander instead of bystander.**

Bystander apathy is a social/psychological phenomenon in which individuals are less likely to offer help to a victim when other people are present. An upstander is the opposite. An upstander is an individual who sees wrong, who sees what needs done, and acts. They are the friends and family who take a stand when they see their friends or loved ones burning healthy relationships due to guilt, shame, and the physical and mental hold of substance addiction. You can help by becoming an Upstander!