



**Drug Abuse  
Alternatives  
Center**  
*Turning Lives Around*

# Family and Friends Group

— **FREE ongoing weekly drop-in group** —

*Codependency - What does it mean?*

*Doing the wrong things for the right reason?*

In a small group setting, learn about the impact of addiction on you, your family and friends & how to cope in a supportive and healthy way.

Explore Issues of:

- Enabling
- Denial
- Minimization
- Rationalization

Share:

- Lists of local resources
- Educational materials, pamphlets, articles, and books/videos on loan

***Family and Friends Group*** is a weekly, ongoing group

(no fee), every Tuesday from 6:30-8:00pm

at the Drug Abuse Alternatives Center

2403 Professional Drive, Santa Rosa, CA

For more information, call Lynne Burke at 544-3295 x352

Individual and family  
counseling also available.

Please contact Lynne Burke  
to schedule.

Sliding-scale fees apply.

*Lynne Burke, MA, RAS has a Master's degree in Counseling/Psychology and is a Registered Addiction Specialist with more than 24 years in the field of substance abuse treatment and counseling.*

*Lana Sremba, LMFT, AOD Counselor Intern, in private practice for 22 years and emphasizing creative problem-solving in her approach.*