

ZEPF CENTER LOCATIONS

ZEPF CENTER CENTRAL
6605 W. Central Ave.
Toledo, OH 43617

ZEPF CENTER NEBRASKA
905 Nebraska Ave.
Toledo, OH 43607

ZEPF HEALTH &
WELLNESS CENTER
2272 Collingwood Blvd.
Toledo, OH 43620

ZEPF HAWLEY BUILDING
508 N. Hawley St.
Toledo, OH 43607

ZEPF CENTER WOODRUFF
424 W. Woodruff Ave,
Toledo, OH 43604

ZEPF CENTER ASHLAND
2005 Ashland Ave.
Toledo, OH 43620

LUCAS COUNTY
MEANS JOBS
1301 Monroe St.
Toledo, OH 43604

ZEPF CENTER
WOOD COUNTY
219 S. Church St.
Bowling Green, OH 43402

KAREN FREIBERGER

FAMILY SPECIALIST

PHONE: 419.841.7701 EXT 6043

WEBSITE: WWW.ZEPFCENTER.ORG



WHERE THERE
IS LIFE THERE
IS HOPE!

FAMILY MEMBERS OF
ADDICTED LOVED ONES
NEED SUPPORT TOO

Are you losing hope? Do you wonder who
is going to help you get through this?
We Can Help.



FAMILY MEMBERS NEED RECOVERY TOO

While your addicted loved one has been using, creating chaos, and you feel awful, have you asked yourself "What have I done wrong?" The facts are:

1. You did not cause your loved one to use.
2. You cannot control what your loved one does about his/her addiction.
3. You can do nothing to cure your loved one other than provide love and support.
4. We can help.

DO YOU FEEL ANGER OR RESENTMENT?

Do you ask questions like 'How could he do this to me after all I have done for him?' or 'I sometimes wish she would disappear so then I wouldn't have to deal with this anymore!'

1. You are not alone. Many have the same thoughts.
2. Anger and Resentment are normal and understandable.
3. Part of anger is fear and lack of understanding.
4. We can help.

LEARN TO LOVE WITH DETACHMENT

Your life is going by waiting for your addicted loved one to recover and nothing you do makes them want to stop. Why don't they feel guilty? Can't they see what they are doing?

1. Addiction is a disease.
2. The person addicted is the only one who can take the action necessary to recover
3. Addiction cannot be cured but it can be arrested.
4. The person addicted does feel guilty, they currently can't control it and the last thing they want to do is hurt you.
5. We can help.

I JUST WANT THINGS TO BE THE WAY THEY USED TO BE OR HOW I WANT THEM TO BE.

1. First key to your recovery is acceptance for the way things are today.
2. You are now in a place to mourn the dreams that you had and accept that you must have new dreams.
3. Forgiveness doesn't come overnight but it is crucial for your recovery
4. We can help.

MENTAL HEALTH ISSUES OFTEN ACCOMPANY ADDICTION.

My addicted loved one has been sober for a while so why isn't he the same as before?

1. The person's mental health has been affected and it may have been issue even before using.
2. The recovery process is long, painful, and sometimes includes relapses.
3. Recovery medications, sometimes used to aid the process, are controlled medications not street drugs and often need to be administered for a very long time. If an addict is being taken off a med safely by a physician, it is a slow weaning process.

WHAT CAN I DO AND WHERE CAN I GO?

There are many places to turn. Here at Zepf Center we offer support to families, as well as many self help organizations in the area . We encourage you to access support, attend meetings and find out what is right for you. Our Family Specialist (Karen Freiburger at 419-841-7701 x6043 or kfreiberger@zepfcenter.org) is here to help you take those steps.

Zepf Center Alanon Meeting - All Are Welcome!

- Wednesdays 5:30 pm – 6:30 pm
Recovery House 2465 Collingwood, Toledo Ohio

Naranon Recovery Groups

- <http://naranoncentral.org/find-a-meeting.html>

Alanon Recovery Groups

- <https://www.toledoal-anon.org/>

Racing for Recovery

- <http://racingforrecovery.org/services/support-groups/>

Team Recovery/FAAD

- <http://www.theteamrecovery.org/about>

Open AA and NA meetings

- <http://www.toledoaa.com/Meeting%20Schedule.html>
- <http://natoledo.com/meetings.html>

Solace (surviving our loss and continuing everyday)

- <http://www.solaceofnwohio.org/meeting-times.html>

B.O.A.B (Bear one another's burdens)

- Mondays at 6:30 pm
Walbridge Municipal Building 705 N.Main St,
Walbridge Ohio

