

# *Finding Hope To Cope Support Group Formed*

A new support group called Finding Hope to Cope has organized in Oakland and is now meeting every Monday at 6 p.m. at the Mary Browning Senior Center, 104 E. Center Street, Oakland.

The purpose of the group is to provide support for family and friends of persons suffering from addiction.

"Addiction is a disease that stresses the family to the breaking point, and negatively impacts the stability of the home, the family unit, mental health, physical health, finances, and overall family dynamics," stated a group spokesperson. "We meet to help family members navigate day-to-day life with addiction in their family by bringing together parents, relatives, and friends of those who suffer from addiction, all of whom are all under a great deal of stress and searching for ways to help their loved one."

The group is open to suggestions for topics, speakers, and various training that may be available. Those desiring more information are invited to telephone Cara at 301-616-1768.