

## Are you concerned with your teen/young adults' use of alcohol or other drugs?

### WE'VE BEEN THERE AND WE UNDERSTAND!

### What is Peer-to-Peer Support?

Peer-to-peer support groups are groups of parents and caregivers whose children, teens and young adults are or were using alcohol and/or other drugs.

The groups are facilitated by a parent/caregiver that has been trained in a nationally recognized model, and who have also experienced the issues related to having a young family member who is using drugs and alcohol. Learning and sharing with peers gives parents/caregivers a place to feel safe sharing their experiences, a place to learn to improve their coping skills, a place to learn more about the disease of addiction and recovery, and a place to find hope.

Some groups offer educational opportunities by inviting speakers and using educational videos to learn more about issues they have identified as important.

### What are the principles of these support groups?

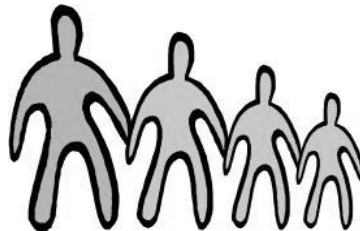
#### Groups are:

- Peer Facilitated
- Confidential
- Respectful of others' views
- Accepting that a substance abuse disorder is a treatable disease of the brain.
- **Free of charge**

### Who can attend Peer-to-Peer Support Groups?

*The support groups are open to any parents or caregivers whose lives are affected by the drug and alcohol use of a young family member.*

### Please Join Us



### What is FASTER?

FASTER (a partner of FOR-NH) shares the commitment of FOR-NH to educate communities about:

- *substance abuse disorders*
- *the positive outcomes associated with receiving appropriate treatment,*
- *the message of hope that recovery brings.*

By giving a voice to the families that struggle with the issues associated with substance use disorders, FOR NH/FASTER hopes to:

- *eliminate the stigma associated with these disorders*
- *support families along the journey to recovery, and*
- *to advocate for policies and resources*

### What is Friends of Recovery New Hampshire?

Friends of Recovery, NH (FOR NH) is a grassroots organization of people in recovery, family members and other supporters of addiction recovery.

FOR NH and F.A.S.T.E.R. volunteers address issues that the recovery community finds important.

#### Contact the F.A.S.T.E.R.

#### Peer-to-Peer Parent Support Groups

#### Friends of Recovery, NH

(603)642-8719

E-Mail: [neias@mva.net](mailto:neias@mva.net)

## Local Meetings

### Atkinson

Parent Awareness Initiative Network  
Family Mediation & Juvenile Services

16 Academy Avenue, Atkinson

Contact: Donna (603)362-9957

E-Mail: supportthepain@aol.com

2nd Wednesday of month 6:00-7:30pm

### Concord/Bow

Baker Free Library

South Street, Bow

Contact: Dolly (603)225-1179

2nd & 4th Sunday of month 6:30-8:30pm

### Hinsdale

Congregational Church

Main Street, Hinsdale

Contact: Linda Page (603)336-5984 ext.126

Wednesdays 7:00-8:30pm

### Lakes Region/Gilmanton

Gilmanton Iron Works Community Church

Rte 140, Gilmanton

Contact: Nancy (603)267-6769

Carol (603)875-8294

2nd & 4th Thursday of month 7:30-9:00pm

### Manchester

Child and Family Services

99 Hanover Street, Manchester

Contact: Amy Pepin (603)518-4142

Tuesdays 6:00-7:30pm

### Nashua

Southern New Hampshire Medical Center

West Campus

29 Northwest Boulevard, Nashua

Contact: E-Mail: support4parent8@aol.com

2nd & 4th Monday of month 6:30-8:30pm

### Wolfeboro

Maxfield Real Estate

15 Railroad Avenue, Wolfeboro

Contact: Carol (603)569-3128 ext.28

Karyn (603)544-3129

1st & 3rd Sunday of month 7:00-8:30pm

\*Meeting times and dates are subject to change.

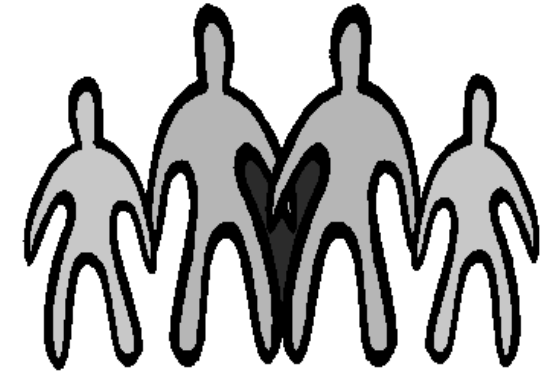
Contact your area facilitator for information.

Working Together  
Friends of Recovery, NH  
P.O. Box 704 Kingston, NH 03848  
(603)642-8719

E-Mail: neias@mva.net

We're on the Web!

<http://www.friendsofrecovery.org>



**F.A.S.T.E.R.**

**Families Advocating for Substance**

**Treatment, Education and Recovery**

*FASTER is a partner of Friends of Recovery, NH*

*As a grassroots organization for parents and guardians whose children may be involved in alcohol and/or drug use or addiction, F.A.S.T.E.R./FOR-NH:*

Reaches out to individuals and families affected by substance use to connect them to resources.

Provides information and shares our experiences about the nature of substance abuse, the effectiveness of treatment & the value of recovery.

Advocates for policies and resources that support prevention, intervention, treatment.

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