

# Project Focus

Are you concerned about a family member's use of alcohol or other drugs?

Do you have a family member in recovery or are in recovery yourself?

Project Focus is a FREE support program for parents, caring adults, and youth ages 6-15.

Separate youth and adult groups learn:

- Skills to reduce anxiety
- Healthy ways to care for self
- How addiction works and how families are affected
- To see that you are not alone!

Youth groups use fun activities to teach at an age-appropriate level.

Dinner is provided nightly.

FREE Childcare is also available for children ages 3-5 years old.

**Held Mondays:  
February 8 & 22, 2010  
March 8 & 22, 2010  
April 12 & 26, 2010  
6:00 — 8:00 pm**

**Christ United Methodist Church  
34385 Garfield Road  
Fraser, MI 48026**

**Call now for more information and  
to receive a registration packet.  
586.541.0033 or visit [www.careofmacomb.com](http://www.careofmacomb.com)**

