



**McShin Foundation**  
Healing Families & Saving Lives  
EST. 2004

## Family Night at McShin

Every Wednesday night at 5:15pm in the fellowship hall there is a **Family Dinner** where families and friends are invited to come eat with their loved ones at The McShin Foundation. Dinner tickets are \$7 and proceeds benefit Hatcher Memorial Baptist Church.

Every Wednesday at 6pm there is a **Community Meeting** where the McShin participants, their loved ones, and the community come together in the chapel on the 2<sup>nd</sup> floor at McShin to hear about upcoming events, what has been going on in the organization and to hear the occasional guest speaker.

A **Family Education Group** is offered every Wednesday at 6:45pm on the 3<sup>rd</sup> floor of The McShin Foundation. Facilitated by Moses Wright, CSAC (Certified Substance Abuse Counselor), McShin's Family Education Group helps people with a family member or loved one with a Substance Use Disorder work on their own recovery, learn tools for establishing healthy boundaries, effective communication, and gain information about the family recovery process.

**Families Anonymous (FA)** takes place every Wednesday at 7:00pm in the Chapel on the 2<sup>nd</sup> floor of The McShin Foundation. FA is a 12-step fellowship for the families and friends of those individuals with a Substance Use Disorder.

[www.familiesanonymous.org](http://www.familiesanonymous.org)

Please follow The McShin Foundation on Facebook and/or visit our website ([www.mcshin.org](http://www.mcshin.org)) to stay up to date on events happening within the community. All of our events are open to family and loved ones!

## Resources for Families

**Nar-Anon**, known officially as "Nar-Anon Family Groups," is a 12-step program for friends and family members of those who are affected by someone else's addiction. There is a weekly Nar-Anon meeting on the 3<sup>rd</sup> floor of McShin every Monday evening at 7 PM.

[www.nar-anon.org](http://www.nar-anon.org)

**Al-Anon** is 12-step fellowship for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

[www.al-anon.org](http://www.al-anon.org)

[www.alanonrichmond.org](http://www.alanonrichmond.org)

**GRAPLE** is grief recovery support group for people who have lost a loved one to Substance Use Disorders or addiction. Founded and facilitated by Tracy Grow, who lost her son to an overdose, GRAPLE provides people with resources, a listening ear, and people who understand what they are going through. GRAPLE meetings occur weekly on Tuesdays at 7 PM on the 3<sup>rd</sup> floor of The McShin Foundation.

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