



# WHAT THEY'RE SAYING ABOUT PAL

**“PAL was a life-saver to me. I felt so much support. I GAINED INSIGHTS FROM THE OTHER PARENTS going through the same tragedy. Thank you for this wonderful supportive group.”**

“There is no judgment, no condemnation; just acceptance, surrender, empathy and compassion.

**OUR JOURNEY TO HEALTH HAS LED TO OUR SON HEADING DOWN THE PATH OF SOBRIETY.**

One of the promises of PAL is...if we get better, it gives hope to our loved ones and that may help in turn.”



*“You feel like, ‘What did I do wrong?’ **YOU DIDN'T DO ANYTHING WRONG.** This is reality. This is life. This is the hand you've been dealt. **IF YOU'RE GOING TO LIVE BEATING YOURSELF UP, YOU'RE NEVER GOING TO BE HEALTHY.** You have to be around other people who get it, or you're going to die in the disease along with your kid.*

I can honestly say that I finally felt like this was what I had been looking for. After that first meeting I felt an immediate sense that my burdens were being lifted.

**I FELT I COULD BE OPEN AND HONEST WITHOUT JUDGEMENT.**

I felt that I could contribute something that would help other parents going through what I had been learning to cope with for years.”

“I can't thank the group facilitators enough for their insight and knowledge. They have **MANAGED TO BRING ME PEACE OF MIND BY HELPING ME LEARN HOW TO INTERACT WITH MY LOVED ONE DEALING WITH SUD.** Since my behavior has changed, my loved one's behavior has improved. I encourage anyone who is frustrated or ashamed to join PAL.”

**“I WAS TOLD TO GET HEALTHY; IT WOULD HELP MY SON.**

Not knowing what healthy was, not even realizing I was co-dependent, not knowing how to respond! PAL has shown me through the love and support of other parents like myself, I am worth it! And I haven't arrived yet, but I am better, I am healthier, I AM NOT ALONE.”

“Last night we had a mom new to the group, who just found out about her son's drug misuse and was trying to figure it all out. Another mom in the group, who's a year into the process, was able to say,

**‘THIS IS HOW I HANDLED THINGS, I UNDERSTAND WHAT YOU'RE GOING THROUGH.’**

It was all very powerful.”

**“PAL BROUGHT BACK HOPE, SANITY AND PURPOSE IN OUR LIVES.**

We have learned to live again. We are thankful for what we have learned and for all of the parents who have stood with us. Today, we feel blessed to stand with others as they venture down this road that no one would ask for.”

**MORE THAN 9,000 PAL MEETINGS TOOK PLACE IN 2023!**