# Free, Monthly Support Group for Families of Addicted Loved Ones Offered in Wilton

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Watching your loved one struggle with addiction is heartbreaking, but as they begin to heal, you must also embark on your own journey of recovery.

Having a strong support system is key, which is why Mountainside, an addiction treatment center with a location in Wilton invites you to its Family Support Group, a free, monthly event open to anyone who has been affected by a loved one's addiction.

The group generally meets on the second Wednesday of any month. The next meeting of the group is from 6:30 to 8 p.m., Wednesday, Nov. 13.

— an announcement *from* Mountainside Treatment Centers

During the Family Support Group

- Meet others who have been impacted by their loved one's addiction
- Share your experiences, setbacks, accomplishments, strength, and hope
- Speak with a Family Wellness Clinician

The group meets monthly. Don't miss out on this opportunity to widen your support networking while gaining valuable knowledge and tools to support your recovery path.

Mountainside Wilton is at 372 Danbury Road, Wilton.

For additional questions, you can email Family.Wellness@Mountainside.com or make a confidential call to 203-219-2800