LEARN TO COPE offers:

- **Weekly meetings** where our members share experiences, resources and strategies from their own journeys as they help their loved ones to treatment and recovery from opiates and other drugs.

- **A private, 24/7 online discussion board.**

- **Guest speakers** including individuals in long term recovery and addiction professionals.

- **Training in overdose prevention and the administration of nasal Narcan,** a drug that reverses potentially fatal overdoses, keeping the hope of recovery alive for many families.

- **Educational programs and speaking events** at health fairs, schools and community organizations.

Times and locations are subject to change. Please visit the “Meetings” section on www.learn2cope.org for the latest information, or call 508-738-5148 with any questions.
An epidemic of opiate addiction and prescription drug abuse is sweeping the country. Young people and communities need to be educated on opiate and prescription drug use. It doesn’t matter what your zip code, education level, or income is; addiction knows no boundaries. Addiction can begin with a legitimate prescription for pain or as an experiment that turns into a chronic disease. Many young lives have been lost and this is a tragedy.

About Learn to Cope

Learn to Cope is a peer-led support organization for parents and family members coping with a loved one addicted to opiates or other drugs.

Our members are people who love their children deeply, yet still find their families damaged by addiction.

In partnership with the Massachusetts Department of Public Health, Learn to Cope has chapters in cities and towns across Massachusetts.

I founded Learn to Cope in 2004 out of desperation to help my son and to offer others the support and resources that I would have benefited from when my family was in crisis.

Today my son and others like him are in long-term recovery. The road to recovery is long, but the more family members can educate themselves and support each other, the better they will be able to cope with their family member’s substance use. If you’re struggling with a loved one’s addiction, Learn to Cope can help you find the strength, resources, and hope you need during this difficult time.

Joanne Peterson
Executive Director, Learn to Cope

www.learn2cope.org

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Coping with a loved one addicted to opiates or other drugs?

There is hope. You are not alone.