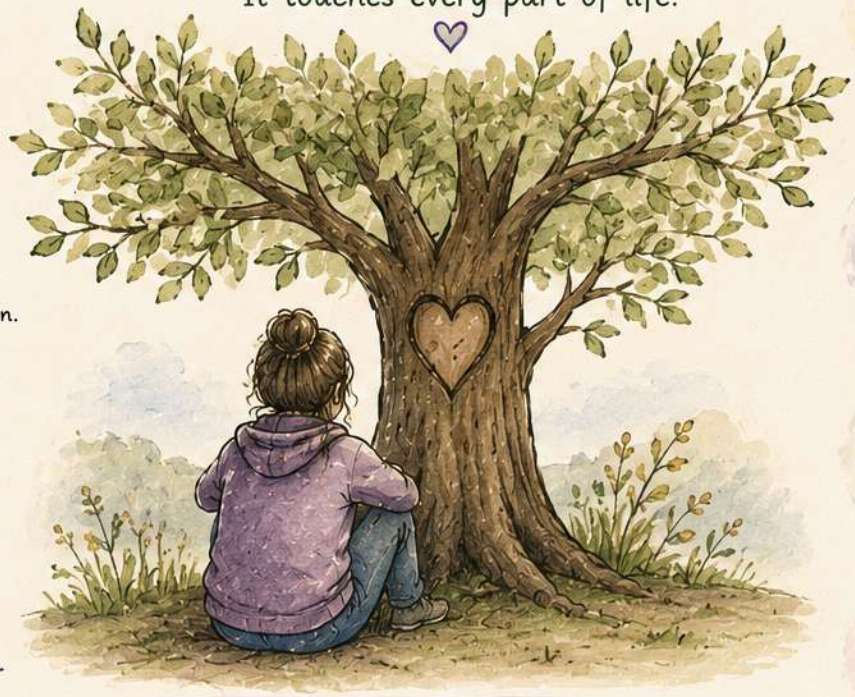
UNITY PATH
FAMILY SUPPORT

LETTING GO • SELF-CARE • RENEWAL • HOPE

Supporting loved ones impacted by addiction.

How Addiction Affects Us

Addiction doesn't just affect one person.
It touches every part of life.



Emotions

Worry, fear, sadness, anger, guilt and feeling overwhelmed can become constant.

Relationships

Trust is tested.
Communication breaks down.
Distance, conflict and isolation grow.

Family Life

Roles change.
Routines are disrupted.
Everyone is affected, especially the children.

Mental & Emotional Well-being

It can drain self-esteem, bring on stress and make it hard to feel hope.

Finances

Money is spent on addiction.
Bills pile up. Financial stress affects the whole household.

Work & School

Focus is hard.
Opportunities are missed.
Stress and worry follow you every day.

Time & Energy

Addiction takes time, energy and peace away from the things that matter most.

Community & Connection

Shame and misunderstanding can lead to feeling judged or alone. Connection is often lost.

You didn't cause it. You can't control it.
But you can choose how to care for yourself and create a life filled with hope again.

Boundaries ♡ Support ♡ Self-Care ♡ Hope ♡ Healing

You are stronger than you think.

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