



Memorial Contribution to ARCHway Institute

About ARCHway Institute

ARCHway is a community of hope for individuals and families affected by substance use and co-occurring mental health disorders.

We connect people to:

Resources
Support
Life-Saving Care
Education

Why ARCHway Believes

1 in 3 families is dealing with addiction.
1 in 10 individuals are affected by addiction but only 20% seek professional help.
Addiction is a disease, not a choice.
Addiction is a family disease because it has an impact on the entire family.

ARCHway's mission is to support as many people as possible.

When you are Ready, Now or in the Future

Consider making a memorial contribution in lieu of flowers to ARCHway Institute.

You can do this by:

Making a General Donation
Starting a Hope Fund in Honor of your Loved One
Adding ARCHway in Lieu of Flowers to your Estate Planning

For More Information:

Website: <https://thearchwayinstitute.org>
Facebook: <https://www.facebook.com/thearchwayinstitute/>
Vimeo VOD: https://vimeo.com/archwayinstitute/vod_pages
Email: thearchwayinstitute@gmail.com
ta Gorda, FL. 33950

Supporting a Friend who is Grieving

Know that grieving is a process and that there is no cookie cutter approach to navigating through it.

In the first 48 hours after a loss:

- Loved ones are devastated and in crisis mode/shock.
- They have to make arrangements, which can consume almost all of their "logical thinking."
- Any new ideas or distracting information is disturbing to their equilibrium. They are just trying to balance their head and heart.

What you can do:

- Acknowledge the loss and offer support
- Listen. Fewer words are better and minimal words are best.
- Keep in mind, to them, it feels as if like everyone is talking at them instead of with them.
- Don't push and be patient. Let them know you are more than happy to talk with them when and if they are ready.

Educate Yourself on Addiction as a Disease:

- Explore the ARCHway website: <https://thearchwayinstitute.org>
- Speak to an ARCHway Advocate for Hope: <https://thearchwayinstitute.org/get-help/speak-to-an-advocate-for-hope/>

Resources for those who are grieving:

Grief is overwhelming, but you don't need to go through it alone. Support groups are available to help get your through these difficult times.

- GRASP <http://grasphelp.org/>
- SOUL – email Mary Ann Lemonds at surivingoul@gmail.com
- Baue Funeral Home in St. Charles hosts grief support groups for substance use losses and offers virtual grief groups - <https://www.baue.com/grief-support/>

**ARCHway Institute, We Believe in Recovery
from the Disease of Addiction**

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