

The History of PAL and Mike's book for Parents

Parents of Addicted Loved ones is the parents-helping-parents educational, support group founded in Phoenix, Arizona in 2006 by Licensed Substance Abuse Counselor, Mike Speakman. PAL is a free, self-help group, meeting weekly to educate parents about their adult child's *emotional sobriety* issues. This new knowledge helps parents find the fine line between helping and enabling an addicted *adult* child who is emotionally stuck in their adolescence.

Mike started PAL because he saw so many hurting and often hopeless parents while educating families in Rehab Centers. Many parents were looking for the key to understanding their child's multiple failed rehab attempts. Some parents report finding that key in the PAL meetings. PAL provides the same educational lessons found in Mike's book, [*The Four Seasons of Recovery for Parents of Alcoholics and Addicts.*](#)

One PAL mom recently wrote this in describing Mike's book:

"This is HANDS Down the best 'how to' book ever. It explains so much that I never knew. One thing specifically is about 'delayed emotional growth' and how we can help our young adult children. I identified throughout the book and can see now how I may be able to *actually* help my addicted son."

In 2014, Mike turned PAL over to the parents to run and now there are PAL meetings in 34 other states and growing. Mike wants to let more parents know about this valuable, free resource that can help parents who are desperately trying to save their children from alcohol and drug addiction. You can find more information at: PALgroup.org and [*2017 PAL Parent Satisfaction Survey.*](#)