



Nancy Juracka

The Hope Healing & Help Radio Program

[Generational Alcoholism and Grief from Losing a Loved One to Alcoholism](#)

April 6, 2013

In April 2006, Nancy's son Lance died in a horrific single car accident as a result of a mixture of alcohol and prescription drugs. This was the culmination of 2 years of his life spiraling downhill into the darkness of addiction. Her whole life had become consumed with trying to save Lance from this ultimate ending. She loved him with all her heart and was watching him destroy himself. The helplessness she felt, along with despair, created a sense of emptiness and failure when Lance died. She felt that her life had ended and she could not possibly go on. As a Mother, she felt responsible and was convinced that she should have been able to save him from his addiction if only she had done "the right thing."

Nancy found The Compassionate Friends support group where she met parents who were at many different stages of grief and loss and were able to give her hope for survival. She heard their stories and didn't feel so alone. She had finally found a safe place where others understood what she was going through.

In 2007, Nancy and her husband relocated from Southern California to Northern California and she immediately sought out a local Compassionate Friends group. She joined the Steering Committee and in 2011 became the Chapter Leader of the Contra Costa Chapter. Recently Nancy became the TCF Regional Coordinator for Northern CA. She considers it such a privilege to give back to a group that does so much to help families dealing with the death of a child.

Nancy recently finished a movie called "[Times Up](#)" that Lance wrote, directed, and produced while he was in film school. It is about the effects of alcohol addiction on 2 generations of a family. She is using the movie to help others who are suffering from the disease of addiction.

Nancy's story of her love for her son and her quest to save him from the destruction of drugs and alcohol is compelling. Many parents who have experienced a similar battle with their children's addiction will identify with Nancy. They will also be encouraged with Nancy's resolve to make a difference because of her tragedy and be an encouragement to others. You won't want to miss this program!