



# *Addictions Family Program*

**Tuesdays, 5:15 - 7:15 p.m.**  
**2600 Oakland Avenue, Elkhart, Indiana**

*Chemical dependency is a disease that affects the entire family and each person plays an important part in the recovery process. Your participation in the Family Program will provide support and encouragement to your loved one and help you to understand your part in the recovery process.*

## *About the Family Program*

Family and friends who live with a loved one who has the disease of chemical dependency often try to find ways to stop the alcohol and drug use. However, love and concern from family and friends are not enough to make the person stop drinking or taking drugs. This may leave family and friends feeling angry, resentful, helpless and hopeless.

The Family Program helps family members and friends understand the disease of chemical dependency. Because this illness affects the entire family, working toward recovery needs the involvement of family and close friends. The Family Program provides the opportunity for family and friends to learn how they can support and encourage the recovering person, and how they can work at their own healing.

The Family Program consists of education and a discussion group about chemical dependency. Child care is located at CAPS, 1000 West Hively Avenue, next to Oaklawn.

## *Program expectations*

Family members/friends are expected to participate in 6 - 8 sessions of the weekly Family Program segment of any Oaklawn Intensive Outpatient Addictions Program. Those encouraged to participate include husbands, wives, partners, parents, children, brothers, sisters, roommates, and other significant others.

Family members and friends should attend at least one Al-Anon meeting while participating in the Family Program.

## *Benefits for the family*

Family members and friends can benefit from the Family Program through:

- Learning new ways to relate to the chemically dependent person
- Understanding that the family did not cause the disease and that they cannot control it or cure it
- Supporting and encouraging the recovering person
- Discovering ways to take care of themselves, and allowing the recovering person to be responsible for his/her own recovery

## *Program fees*

Family Program group charges are included in the cost of the Intensive Outpatient Program.

## *For more information*

For more information please call 574-533-1234 or 800-282-0809 and ask for extension 241.



**OAKLAWN**

*Toward Health and Wholeness*

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[www.oaklawn.org](http://www.oaklawn.org)