



## Family Recovery Group

This group is designed to be a support to individuals that have a loved one struggling with a substance use disorder. Participants will receive education on addiction, co-dependency, trust, enabling, and communication. Members will gain an understanding of addiction; as well as learning ways to cope, set appropriate boundaries, build self-esteem, and assertiveness skills.

### Group Topics:

- Addiction: The Disease Concept
- Family Roles
- Addressing and Changing Thinking
- Healthy Boundaries (Enabling and Loving Detachment)
- Trust and Understanding Steps 1-3
- Guilt and Shame
- Healthy Relationships/ Communication
- Mental Health and Addiction

Newcomers are welcome, but everyone must first attend the free required orientation session.

### When

For exact dates and times  
visit [pinerest.org/family-recovery](http://pinerest.org/family-recovery)

### Location

Pine Rest Retreat Clinic - B Building  
Entrance B1  
300 68th Street SE  
Grand Rapids, MI 49548

### Payment

\$15 per session  
Ask if you qualify for financial assistance

### Schedule an Orientation Meeting

A free orientation is mandatory  
so please call 616.258.7467



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