



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

There is no charge for family members who have a loved one participating in detox or intensive outpatient services at the Pine Rest Retreat Clinic. Otherwise, this group is open to the public for a fee of \$15/session.

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

When

For exact dates and times visit pinerest.org/family-recovery

Location

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

Cost

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

Schedule an Orientation Meeting

A free orientation is mandatory
so please call 616.258.7467



pinerest.org/family-recovery