

SUPPORTING YOUR LOVED ONE THROUGH RECOVERY

A Guide for Family Members & Friends

We understand how overwhelming it can feel to see your loved one struggle with addiction and we're here to support your family, not just your loved one.

How We Support Families:

- ✓ Family sessions during treatment
- ✓ Education on addiction as a disease
- ✓ Guidance on healthy boundaries
- ✓ Communication skills training
- ✓ Codependency awareness
- ✓ Aftercare planning involvement
- ✓ Alumni family resources

We Offer 8-10

individual
therapy
sessions per
week

Signs It May Be Time to Seek Help:

- Increased secrecy or isolation
- Financial problems or missing money
- Changes in appearance or hygiene
- Mood swings or personality changes
- Neglecting responsibilities
- Failed attempts to quit on their own



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How to Start the Conversation:

- Choose a calm, private moment
- Use "I" statements ("I'm worried about you")
- Avoid blame or ultimatums
- Offer specific support
- Be prepared with treatment options
- Alumni family resources



Our facility
sits on 400+
acres of
serene
countryside
to promote
recovery.

We can help guide you through this conversation. Call us.



**Help Your Loved
One Take the
First Step**

804-531-3325



**CLICK HERE TO
LEARN MORE**

