



FAMILIES IN RECOVERY

Support and education for parents impacted by addiction

Families in Recovery offers support and education to families, parents and children who have been touched by addiction. Through group sessions, the program aims to help parents with substance use disorders learn healthy coping and parenting skills while balancing the needs of their recovery.

This program is free of charge. Participants must be parents who are either experiencing active addiction or who are in recovery.

AREAS OF FOCUS

This comprehensive experiential and educational program attends to a variety of challenges and experiences common to parents in recovery, including:

- Identifying strengths, needs and resiliencies
- Exploring healthy parenting in balance with recovery needs
- Understanding the person-focused and family-centered change process
- Promoting healthy parenting and communication styles
- Developing healthy coping skills and modeling self-care
- Coping with guilt, shame and stigma
- Developing a personalized family blueprint for overall wellness



GROUP SESSIONS

- 7 two-hour sessions (Thursdays from 6:00 to 8:00 PM)
- First session will be held on Thursday, January 17, 2019
- Located at Oxford Valley Mall, Suite 012 (by JC Penney and the fountain)
2300 East Lincoln Highway, Langhorne, PA 19047
- All sessions are free of charge

GETTING STARTED

Contact Julia Thompson, Family Strengthening Programs Coordinator, at jthompson@fsabc.org, 215.757.6916, ext. 225 or 215.519.2953 to register or to learn more. View the current class schedule at www.fsabc.org/familiesinrecovery.

BACKGROUND

Our Families in Recovery program is part of a pilot launched by Pennsylvania Family Support Alliance in the face of an opioid and heroin epidemic that has claimed thousands of lives and torn apart families. Its person-first curriculum draws on the latest research in addiction recovery and best practices in parenting, and is inclusive of the 12 Step principles of recovery.



Stronger today. Brighter tomorrow.

Family Service
4 Cornerstone Drive
Langhorne, PA 19047
www.fsabc.org

We are fully accredited by the Council on Accreditation for Children and Family Services, Inc. Our agency is licensed by the State of Pennsylvania to provide drug and alcohol assessment and treatment services as well as mental health assessment and treatment services. Services and employment are provided in a nondiscriminatory manner without regard to age, race, religion, national origin, sex, disability, sexual orientation, transgender status, protected veteran status or limited English proficiency.

QUESTIONS? Contact us at 215.757.6916, ext. 225 or visit www.fsabc.org/fir.