



## **Family Program**

Holman Recovery Center (HRC) recognizes that Substance Use Disorders not only have a profound effect on the individual, but also on their families. HRC offers a weekend educational and supportive family program to assist in nurturing a healing relationship for everyone involved.

Some of the topics that will be addressed during these sessions are:

- Education on the disease of substance use disorders
- Impact the disease has on the family dynamics
- The dangers of enabling
- Detaching with love
- Boundaries and effective communication tools
- The value of treatment and support groups (Al-Anon, AA, NA, Celebrate Recovery)
- Treatment and Recovery resources in their community (Relapse Prevention, Treatment referral contact information)

HRC offers this program for our male clients and their families on Saturdays and for our female clients and their families on Sundays.

In addition to the sessions described above, clients also have the opportunity to visit independently with their families and share a meal in our dining facility.

Participation in the HRC Family Program is voluntary. Reservations are required during the previous week in order to participate. Children under the age of 12 are not permitted inside the facility.