



## FAMILY PROGRAM



THERE IS  
**HOPE**

“The first gift a newcomer receives from contact with Al-Anon is hope.”

— Al-Anon, One Day at a Time

WE CAN  
**HELP**

THE RETREAT FAMILY PROGRAM provides you with the insight and tools you need to cope with a loved one's addiction in ways that are healthy and healing for everyone involved.

## RECOVERY FOR YOU, TOO

*Addiction is a family problem that requires a family solution.*



When you attend our Family Program, you will quickly discover that you are not alone. You will be learning with others who understand the struggles of living with addiction.

Our Family Program is built on the belief that someone's addiction impacts all who care about them. We help you understand the nature of addiction, the family dynamics involved, and the healing process of Twelve Step recovery. During your four-day residential experience at The Retreat, you will:

- be welcomed into the warmth and beauty surrounding The Retreat's McIver Center
- gain insight and understanding through personal reflection, discussions, and educational sessions
- learn tools for coping constructively with addiction and responding to your loved one in ways that are caring and helpful
- discover that you can have serenity, and experience hope in your life, regardless of outside circumstances

Our Family Program is open to anyone who may want to attend. You do not need to have a loved one connected to The Retreat to attend the Family Program.



the retreat

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