

The Past, Present, and Future of Family & Friends through a Personal Lens

25th Anniversary Presentation

Presented by: Kathy Lang





LOVED ONE USING? FEELING HOPELESS?

 SMART Recovery®

Do you have a loved one who has problems with alcohol, drugs or compulsive behaviors?

Attend a Family & Friends support meeting to learn how you can develop skills to help you cope and help your loved one choose recovery.

Sponsored by SMART Recovery, an organization with two decades of helping people achieve recovery from addiction with its self-empowering, science-based approach.

Go to www.SmartRecovery.org/family to find the nearest meeting.

DISCOVER THE POWER OF CHOICE!

www.smartrecovery.org/family



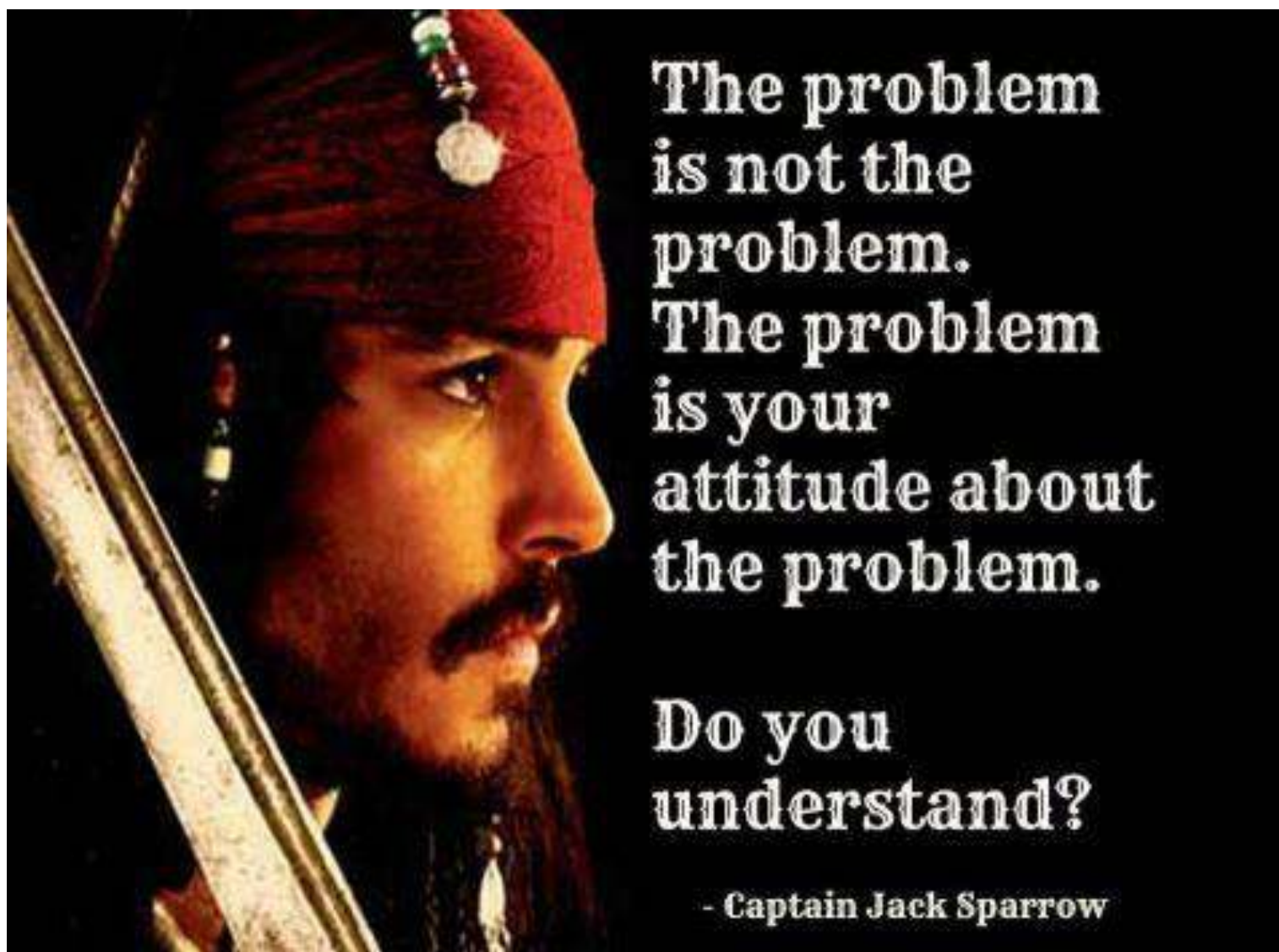


ROCK BOTTOM

You'll know it when you hit it

!o/ MotivatedPhotos.com





UNDERSTANDING THE CHANGE PROCESS

COMMUNICATION SKILLS

HEALTHY BOUNDARIES

EMOTIONAL SELF-MANAGEMENT

SELF-CARE

TRUST BUILDING & SAFETY

ACCEPTANCE & UNDERSTANDING

**ADVANTAGES FOR
RECOVERY
PARTICIPANTS
THROUGH BETTER
UNDERSTANDING
OF:**

Why Family Reacts to their
Addiction in Fairly Predictable
Ways

How their Family can Provide
Meaningful Support

How Tensions in Family
Relationships can be Diminished

What Kind of Communication
Works

Why Self-Care for Family Members
is Important

The key to supporting people living with addiction in reaching their full potential is the exact opposite of “letting them hit rock bottom”.

It means to foster social connectedness rather than to force isolation.

It means to practice acceptance rather than intolerance.

It means to fan self-worth rather than to fuel shame.

It means to love rather than to disdain.

Feedback from Participants

*There is such a need for this group.
Finding support here gives
me back my own power.*

Jenny L. - Family & Friends Meeting Participant

*I am here to keep learning to use the SMART tools
to keep my sanity and serenity!!...and it's working...Yay!
Today is a good day.*

LYL - Online Family & Friends Participant

*What is important to me is what
DOESN'T happen in the meetings:
NO shaming, NO labeling, NO judging, NO monologues.
NO taking sides, and NO wallowing.
It feels welcoming and safe here.*

R.F. .Local F&F Meeting Participant

*I feel so supported here, and am
so relieved to have a place to share
thoughts and feelings without fear of
criticism or judgement.*

M.P. .Online F&F Message Board Participant

*I am so grateful for this meeting!
For the first time, I feel like I am
actively supported
and have some tools to help me CHOOSE.*

Lirazel, Online F&F meeting participant



SMART Recovery
1994-2019

CONTACT US:

Find a Meeting

Start a Meeting

Ask a Question

