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

25th Anniversary Presentation
Presented by: Kathy Lang
LOVED ONE USING?

FEELING HOPELESS?

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!
ROCK BOTTOM
You'll know it when you hit it

MotivatedPhotos.com
The problem is not the problem. The problem is your attitude about the problem. Do you understand?

- Captain Jack Sparrow
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.

C.Y. - 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.”

Unzuel, Online F&F meeting participant