

At Oriana House we believe that addiction is a disease that affects the entire family.

Family Matters is designed to educate, support, and promote healing through specific forums designed with the family member in mind, along with integrated skill building and communication exercises.

Our approach is to provide a safe, comfortable environment where you can explore the possibilities of recovery with your loved ones.

Know that you are not alone. Many families are facing the same challenges and find Family Matters to be a unique source of hope and encouragement.

Family Matters is offered to family members and friends affected by addiction to provide encouragement and support.

Positive family involvement can assist in continued sobriety.

Oriana House, Inc. Family Matters

For more information or to register,
call 216-266-0878.

The program is recommended for adults
and teenagers 16 years of age and older.

Meetings:

Tuesdays 6:00 p.m. - 7:30 p.m.

Oriana House Reentry Center
1804 East 55th Street
Cleveland, Ohio 44103

Multifamily groups in which clients and loved ones attend together are scheduled by individual counselors on a Wednesday or Thursday evening. Your counselor will notify you of the time and location. These sessions provide clients and loved ones the opportunity to share the challenges and joys of recovery together and gain support for continued recovery.

Is addiction affecting
your family?



*Family
Matters*
Healing Families
Touched by Addiction

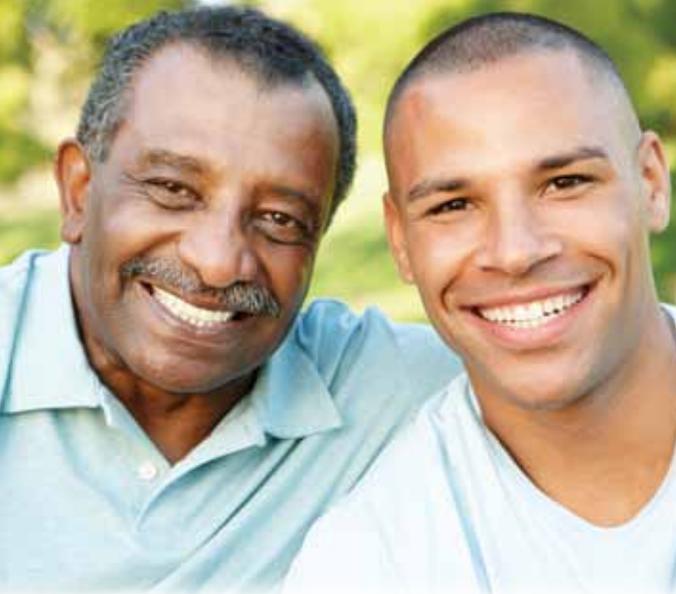


www.orianahouse.org

It is the policy of Oriana House, Inc., to not discriminate based on race, color, religion, sex, national origin, disability, age, sex (wages), genetics, gender, sexual orientation, HIV status, retaliation, and military/veteran status. 1/18



Cuyahoga County



Family Matters at Oriana House is facilitated by professional treatment counselors. Sessions are designed to break the cycle of drug and alcohol dependency through increased knowledge and implementation of healthy living skills.

Participants will:

- Develop better communication skills.
- Learn how to appropriately express their feelings.
- Be able to demonstrate anger management skills.
- Develop coping skills to deal with stressful situations.
- Gain knowledge of addiction as a disease and how it affects family members.

Family Matters consists of weekly group sessions. Participants can attend any or all of the weekly sessions free of charge. Sessions consist of the following topics.

Triggers and Cravings

Join us for an intriguing look into the signs and symptoms of addiction; learn to identify triggers and understand how cravings are related to the disease of addiction.

Recovery Panel

Hear real, personal stories about the benefits and challenges of being in recovery and connect with those who are actively fighting addiction and co-dependency.

Coping with the Possibility of Relapse

Engage in an interactive discussion generated from live role plays and educational material designed to help participants explore feelings and develop personal strategies for coping with the possibility of a relapse.

Families in Recovery

Develop practical, healthy life skills that can result in positive changes for the whole family by examining the development of the addictive cycle, reviewing the progressive phases of addiction, and learning to spot relapse justifications.

Living with Addiction

Participate in an honest, open forum centered on the acceptance of certain realities that come from living with addiction and being in recovery; as well as exploring alternative healthy lifestyle activities and self-control strategies.

Road Map to Recovery

Gain deeper insight into what to expect as a person progresses in their recovery journey by examining the four stage model of recovery and the unique characteristics/goals of each stage.

Communication Traps

Receive helpful information about different communication styles, techniques, and traps that can hinder family relationships and examine the important role communication plays in healthy relationships.

Rebuilding Trust

Begin to repair damaged relationships by looking at the critical role that trust plays in the recovery process while having the opportunity to openly share with others who have experienced similar disappointment, loss, and frustration.

Guest Speakers

Get the chance to have your questions answered about treatment and the recovery process by meeting interesting, qualified professionals who work directly with people who suffer from addiction on a regular basis.



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