



Family Matters Education Program

*Healing Families
Touched by Addiction*

North Star Neighborhood
Reentry Resource Center
1834 East 55th Street
Cleveland, Ohio 44103



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

Our Family Matters Education Program is designed to educate, support, and promote healing through 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.

The Family Matters Education Program is funded by the Cuyahoga County Office of Reentry as part of its initiative to provide focused leadership and strong organizational capacity to address prisoner reentry in the Greater Cleveland area.



The Family Matters Education Program is offered to family members and friends of Oriana House clients affected by addiction and offers to provide encouragement and support. Positive family involvement can assist in continued sobriety.

Registration

The Family Matters Education Program is facilitated by professional chemical dependency treatment counselors. Sessions are designed to break the cycle of chemical dependency through increased knowledge and implementation of healthy living skills.

Participants will:

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

The Family Matters Education Program consists of weekly sessions. Participants can attend any or all of the weekly sessions free of charge. The program is recommended for adults and mature teenagers. Sessions consist of the following topics:

Triggers and Cravings

Participants role play and learn the signs and symptoms of addiction and how the triggers and cravings relate to the disease of chemical dependency.

Families in Recovery

Participants learn about the process of recovery and how they can work together to avoid relapse.

Living with Addiction

Participants explore ways in which recovery can affect family life and discuss challenges and strategies.

Guest Speakers

Participants see the benefits and challenges of recovery from others who are actively fighting the disease of chemical dependency and co-dependency challenges.

Coping with the Possibility of Relapse

An interactive discussion is generated from the role plays and educational material to help participants explore feelings and needs of one another with respect to relapse and develop strategies for coping with relapse.

Anger Management

Through discussion of educational material and role play, participants learn healthy and effective ways of identifying, expressing, and coping with feelings of anger.

Communication Traps

Participants explore the important role that communication plays in healthy relationships and about the problems that can hinder effective communication skills.

Healthy Boundaries

Participants examine and identify healthy boundaries, gain insight into the roles of chemically dependent families, and develop practical knowledge that will facilitate changed behaviors that benefit recovery of the entire family.

Rebuilding Trust

Participants explore the important role that trust plays in recovery and how they can begin to repair damaged relationships.

Print the following information and an Oriana House staff member will contact you:

Your name _____
Telephone number where you can be contacted _____
Best time to contact: Day time hours _____ Evening hours _____
May we leave a message? Yes _____ No _____
Address _____
City _____ Zip Code _____
Name of the person you are coming to support _____

If mailing, send to North Star NRRRC, 1834 East 55th Street, Cleveland, Oh 44103
or you can register by phone by calling 216-881-5440

Oriana House, Inc. Family Matters Education Program

For more information
or to register,
call 216-881-5440

The Family Matters Education Program
meets Tuesday evenings
at North Star Neighborhood Reentry
Resource Center
1834 East 55th Street
Cleveland, Ohio 44103

6:00 p.m. - 8:00 p.m. Family Matters Session
(every third meeting can include attending the session
with the person you are supporting. These meetings are
held from 6:00 p.m. - 8:30 p.m.)



www.orianahouse.org
www.northstarreentry.org

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