



Family Recovery Course

educating loved ones about addiction



The Family Recovery Course is a series of interactive educational trainings for parents or caregivers whose child, at any stage of life, has struggled with addiction to drugs or alcohol.

This series is open exclusively to residents of Chester County & is free to attend. Enrollment is limited to a maximum of 12 participants in each course.



Funded by the
Chester County
Department of
Drug & Alcohol
Services

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There are two options for participation in the Family Recovery Course:

In Person*

976 Swedesford Road, Suite 409
Exton, PA 19341

3 Saturdays from 9:30 am to 12 pm

Part 1 - March 26, 2022
Part 2 - April 2, 2022
Part 3 - April 9, 2022

*All participants and facilitators are required to show proof of full COVID-19 vaccination. Visit the registration page for details.

Register:
convo.zone/frc1

OR

Virtual**

3 Mondays from 6:30 to 9 pm

Part 1 - May 9, 2022
Part 2 - May 16, 2022
Part 3 - May 23, 2022

**We will use a Zoom meeting format and will make every effort to have the virtual experience be as inclusive and interactive as possible. Participants will be asked to have their camera on throughout the Family Recovery Course, providing for a more engaging and interactive experience.

Register:
convo.zone/frc2



Family Recovery Course

There is no charge for the Family Recovery Course. Our only expectation is that you commit to completing the six-hour course.

Questions?

Contact Kim Porter, CFRS
Executive Director, Be a Part of the Conversation
kim@conversation.zone or 267-629-2214

Is the Family Recovery Course the right fit for you?

- Do you live in Chester County?
- Do you have a child (any age, and regardless of where they are living) who has a serious problem with drugs and/or alcohol?
 - Has worrying about their safety, their behaviors and their future been overwhelming?
- Do you want to gain knowledge and understanding about why your child uses substances and how this has impacted you and your family?
 - Is learning about tools that build healthier relationships important to you?
 - Do you want to stop the chaos and reclaim your family?
 - Is healing and recovery important to you and your family's future?

You do not have to identify with all the above, but if you can relate to some of these experiences, this course is right for you.

We have been right where you are.

The Family Recovery Course is peer led. Course Facilitators have personal experience with an addicted family member. The Family Recovery Course was developed in collaboration with licensed clinicians currently working in the fields of addiction and behavioral health.

The Family Recovery Course will help participants to:

- Understand how and why our loved ones have become addicted.
- Gain knowledge and understanding of the impact that addiction has on the family.
- Learn from your peers - the Facilitators of this course - about tools that build healthier relationships with addicted loved ones and others.
 - Learn the importance of self-care.
- Recognize the benefits of healing the family, regardless of our loved one's readiness.
 - Connect you to ongoing support and resources.



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