



FAMILY RECOVERY: EDUCATION & COACHING PROGRAM

The OASIS Community Center offers an interactive program designed to guide family members into and through the family recovery process. This program utilizes a variety of proven strategies to assist families with acceptance, goal setting, and developing a personal action plan to live a more balanced, healthier life.

The program is broken down into five modules that include readings, worksheets, and discussions:

- **Understanding Addiction**
- **The Family Disease of Addiction**
- **Recognizing Enabling, Rescuing, and Controlling Behaviors**
- **Setting Healthy Boundaries and Practicing Positive Communication**
- **Developing Your Own Recovery & Self-Care Plan**

Flexible scheduling available depending on participants' availability.

Facilitator: Tina Thomas, Certified Family Recovery Specialist

Family recovery coaching supports involve interactive and intensive work that will help the family heal individually and as a whole. *This program does not incorporate professional counseling or mediation services.*

Contact tina@oasisbethlehem.org for information.

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