

## Family & Friends Program

for people affected by the addictive behavior of a loved one

**H**as your life as a family member or friend of someone with an addiction become unmanageable?

**A**re you living on an emotional roller coaster?

**L**earn the latest science- and evidence-based skills that you can use *today*, to create a *better tomorrow* for you and your loved one.

**I**t's true — using a unique blend of cognitive skills tools and the evidence-based strategies of CRAFT, the SMART Family & Friends program can help you regain your sanity and give you the skills you need to support recovery for your loved one.



**SMART Recovery<sup>®</sup> for Family & Friends** is a science-based approach that teaches tools to support your well-being as well as tools for providing effective, nonconfrontational support for your loved one. SMART Recovery's solution-oriented approach offers powerful peer support to help you discover how to encourage your loved one to choose recovery.

### ***In our meetings you will...***

- Gain insight into change and motivation
- Restore balance in your life
- Adopt a positive communication style
- Restore healthy boundaries
- Maximize safety and support
- Learn to identify “enabling behaviors”
- Resolve trust and forgiveness issues

### **OASIS Program...**

- Thursdays, 12:00–1:00 pm
- Weekly meetings – attend virtually or in-person at OASIS
- Facilitators trained in SMART Recovery<sup>®</sup> 4-Point Program
- Zoom Meeting ID / Passcode: 868 6338 5437 / OASIS

Contact [Tina@oasisbethlehem.org](mailto:Tina@oasisbethlehem.org) for more information

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