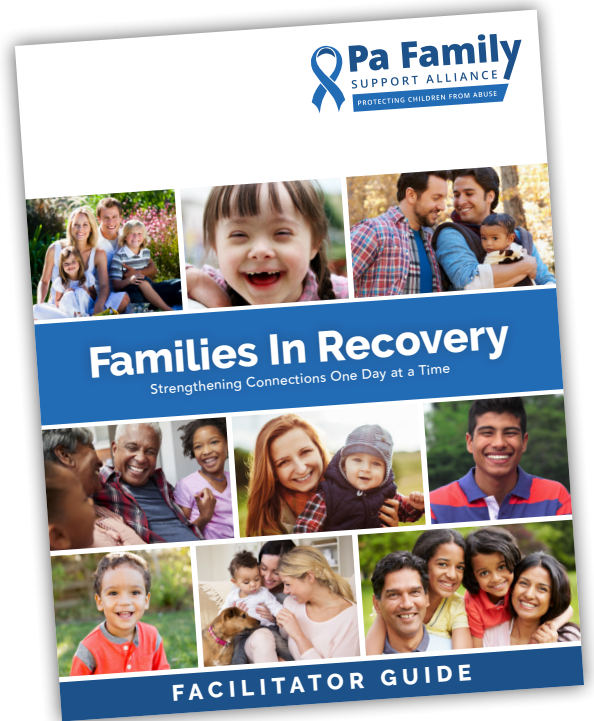


# Families In Recovery

Strengthening Connections One Day at a Time

PA Family Support Alliance developed the *Families in Recovery* program to provide support and education to families, parents, and children who have been touched by addiction and are living in recovery.

This comprehensive experiential and educational program attends to a variety of challenges and experiences common to parents in recovery, including: identifying strengths, needs, and resiliencies; exploring healthy parenting in balance with recovery needs, understanding the person-focused and family-centered change process; promoting healthy parenting and communication styles; developing healthy coping skills and modeling self-care; coping with guilt, shame, and stigma; and developing a personalized family blueprint for overall wellness.



## PROGRAM HIGHLIGHTS

- ▶ Theoretically integrative framework with a holistic strengths and needs based approach
  - ▶ Promotes self-efficacy, resilience, and empowerment
  - ▶ Inclusive, culturally sensitive, and supports a variety of approaches to recovery-wellness
  - ▶ Support and education for parents on how to manage emotions and develop sustaining and healthy relationships
  - ▶ Trauma informed, family and person-centered, easy to individualize
  - ▶ Promotes holistic wellness of parents, caregivers, and children
  - ▶ Encourages and identifies the importance of developing social connections, and increasing knowledge of parenting and child development
- ▶ Appropriate for use in group and individual settings including:
    - > Inpatient and outpatient treatment
    - > Parenting collaboratives and groups
    - > Family support programs
  - ▶ Over 50 pages of valuable content and workspace to be used experientially within a group or on an individual basis
  - ▶ Participant workbooks are accompanied by instructor manual to support and guide facilitators from various disciplines and educational backgrounds
  - ▶ Instructor manual features supplemental resources: icebreakers, activity suggestions, and handouts
  - ▶ Designed to be delivered in 7 sessions at 2 hours per session with flexible structuring to be adapted to meet your program needs
  - ▶ Informed by and inclusive of The Strengthening Families Protective Factors™



## TO GET STARTED, CONTACT

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