

TRC Family Program

Addiction and other behavioural health issues are commonly referred to as a “family disease” because of their profound effect on family members and loved ones. It disrupts healthy relationships and forces family members to react to the addict in unhealthy ways. Family members struggle to help by covering up, making excuses for the addict’s behaviour, blaming themselves, living with anger and resentment, allowing their boundaries to be crossed, and enabling the addictive behaviour further. Family members may neglect their own needs as they try to get their loved one to quit using or acting out. Addictive behaviour devastates the entire family.

Living with addiction can cause family members to feel helplessness, anxiety, anger and despair about the damage it has done to them and their family.

Our Family Program is designed to help family members understand the impact that addiction has had on their family and to give them insight into the way they react. Understanding this is integral to starting them on the road to their own recovery. The Program will help them learn how to best support their loved one – and themselves.

If you or someone you care about could benefit from the Family Program, call our Family Program Admissions team for information or to register.

Please contact us prior to making travel plans. A staff member will speak with you about the timing of your visit and help you with travel and hotel arrangements. Specially-priced hotel rooms for Family Program participants are available.

Vision: Overcoming Addiction to Improve Lives

Mission: TRC provides innovative, client centered addiction services for individuals and families through an integrated continuum of care

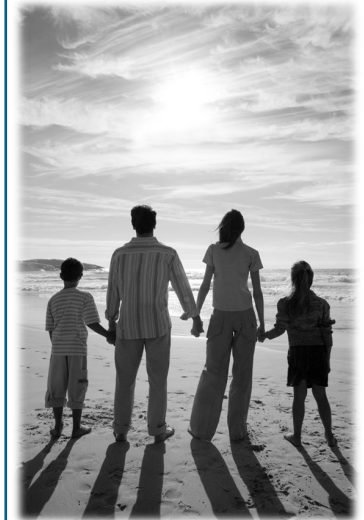


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Family Program



*Does someone in
your life have an
addiction?*

Thorpe Recovery Centre Family Program

About the TRC Family Program

The TRC Family Program is an intensive four-day-long program of education and process groups for adults age 18 and older.

Program components include:

- Sessions on the effects addiction has had on you and your family
- Seminars on Boundaries and enabling behaviours
- Addictive Disorders teaching
- Communication workshop
- Coping skills and recovery – problems and solutions
- Grief and Letting Go

Check-in time is 8am on Day 1 of the Program. Hours for the rest of the week are 8:30am to 3:30pm with the last day ending at 2:30pm.

Time with Client

For those attending Family Program who have a loved one in TRC's Residential Treatment Program, you are able to meet with them family at 8am on Day 1 for twenty minutes before the Program officially begins. In the afternoon of Day 2 and morning of Day 3, clients participate in the Program with their family.

Advance Preparation

We recommend that all participants prepare for the Family Program by attending Al-Anon, Nar-Anon, Gam-Anon, CoDA and other 12 Step-based programs. We invite you to attend at least a few such meetings before you attend the Family Program.



Additional Services

Even if the person you're concerned about is not ready to seek treatment, we can offer you the support and guidance you need to deal with addictive behaviour and the effect it has had on you. If you need support for yourself, our Family Program is open to you as well.

We also offer fee-for-service counselling that includes:

- Individual Counselling
- Family and Couples Counselling
- Family Intervention

Testimonial

"By the time we arrived at the Thorpe Recovery Centre to drop off our daughter, I had many feelings: resentment, fear, anger, shame, embarrassment and frustration. But most of all I was scared. When I was advised there was a Family Program, I thought, 'Hadn't I been through enough? Hadn't I sacrificed enough? Was this really my problem? Isn't it my daughter who needs the help?' At first I thought, I wasn't going, I had been through enough. But I knew deep down, I had to go. While there, I learned I had not caused her addiction, I could not control her addiction, and I could not cure her addiction. Those days that I spent at the Family Program were some of the most important days of my life."

