

## Recovery from addiction means healing for the whole family



Hazelden helps families face difficult issues related to a loved one's addiction—and discover healthy ways of coping.

The stress of living with addiction can have harmful physical, emotional, social, and spiritual consequences. It is normal for family members and friends of alcoholics and addicts to feel confused, frustrated, angry, and helpless. Hazelden's Family Program helps to alleviate confusion and anxiety and promote healing by identifying how addiction affects your family and what you and other family members can do to take care of yourselves.

### **What to expect**

Through Hazelden's unique four-day Family Program, you will learn that you can't control your loved one's addiction, but you can take responsibility for your own health and happiness. The Family Program is an educational experience that involves presentations by staff, group discussions, personal goal-setting, reading and reflection, and fellowship with other participants.



### **A new understanding**

As the loved one of a person with addiction, it is important for you to understand that you didn't cause the addiction, you can't control the addiction, and you can't cure the addiction. By becoming aware of the beliefs and experiences that shape your own behaviors, you will begin to identify new, healthy ways of coping with addiction and the relationship with your addicted loved one and other family members.

## Life after treatment

Family members have the opportunity to be involved in a family conference facilitated by a counselor. Each member will discuss what the family will do to continue the recovery process they have begun at Hazelden.

## Rates and reservations

For Family Program rates and reservations, please call 800-262-5272 in Center City, Minnesota, or 866-866-4662 in Newberg, Oregon. One complimentary Family Program registration is included as part of Hazelden's primary residential treatment program. Additional family members or friends are welcome to register and attend the program. Participants do not need to have a family member at Hazelden in order to enroll in the Family Program.

“I knew nothing about addiction before going through the Family Program at Hazelden—I had no idea it was a disease. Learning and accepting that I didn't cause the addiction and that it's not up to me to control or try to cure the addiction—that was huge.”

—Program Participant



## Why Hazelden

Hazelden recognizes addiction as a chronic, progressive, and sometimes-fatal disease. We also know it is a manageable disease. That's why our programs and services support lifelong recovery. With 60 years of knowledge and expertise, Hazelden has unmatched experience in leading patients and families through the chaos, fear, and isolation of addiction and co-occurring disorders—and into a new life of recovery.

## Where we're located

Family Program services are offered at Hazelden's Center City, Minnesota, and Newberg, Oregon, locations. Additional family services are offered in Plymouth, Minnesota (Parent Program), Chicago, Illinois, and New York, New York.

## How to reach us

We invite you to call Hazelden at any hour, any day of the week at 800-257-7800. All calls are confidential and toll-free.

[hazelden.org](http://hazelden.org)

800-257-7800

We invite you to call us with questions.  
We are available 24 hours a day.

### Hazelden locations

CENTER CITY, MINNESOTA  
CHICAGO, ILLINOIS  
NEW YORK, NEW YORK  
NEWBERG, OREGON  
PLYMOUTH, MINNESOTA  
ST. PAUL, MINNESOTA



Hazelden, a national nonprofit organization founded in 1949, helps people reclaim their lives from the disease of addiction.

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