



# *Family Matters Education Program*

*Healing Families  
Touched by Addiction*

101-103 S. Front Street  
Fremont, Ohio 43420  
567-280-4023



*We believe that addiction is a disease that affects the entire family.*

*That's why the Family Matters Education Program is designed with the family in mind.*

*Our approach is to provide a safe, comfortable environment that supports, educates, and promotes healing and recovery. You'll learn relational skills and communication tools that will help you and help your loved one.*

*Contact our caring, professional staff to see about attending an upcoming session on your own or with other family members.*

*You are not alone on this journey: There is help and there is hope.*

*The Family Matters Education Program provides encouragement and support to family members and friends of those affected by addiction.*

*Positive family involvement can assist in continued sobriety.*

The Family Matters Education Program is facilitated by professional chemical dependency treatment counselors.

Sessions are designed to break the cycle of chemical dependency through increased knowledge and implementation of healthy living skills.

Participants will:

- Develop better communication skills.
- Learn to appropriately express their feelings.
- Demonstrate anger management skills.
- Develop coping skills to deal with stressful situations.
- Gain knowledge of chemical dependency as a disease and how it affects family members.

The Family Matters Education Program consists of weekly sessions. Participants can attend any or all of the weekly sessions **free of charge**. The program is recommended for adults and mature teenagers. Sessions consist of the following topics:

### ***Triggers and Cravings***

Participants role play and learn the signs and symptoms of addiction and how the triggers and cravings relate to the disease of chemical dependency.

### ***Families in Recovery***

Participants learn about the process of recovery and how they can work together to avoid relapse.

### ***Living with Addiction***

Participants explore ways in which recovery can affect family life and discuss challenges and strategies.

### ***Guest Speakers***

Participants see the benefits and challenges of recovery from others who are actively fighting the disease of chemical dependency and co-dependency challenges.

### ***Coping with the Possibility of Relapse***

An interactive discussion is generated from the role plays and educational material to help participants explore feelings and needs of one another with respect to relapse and develop strategies for coping with relapse.

### ***Anger Management***

Through discussion of educational material and role play, participants learn healthy and effective ways of identifying, expressing, and coping with feelings of anger.

### ***Healthy Boundaries***

Participants examine and identify healthy boundaries, gain insight into the roles of chemically dependent families, and develop practical knowledge that will facilitate changed behaviors that benefit recovery of the entire family.

### ***Rebuilding Trust***

Participants explore the important role that trust plays in recovery and how they can begin to repair damaged relationships.

# Oriana House, Inc. Family Matters Education Program

The Family Matters Education Program  
meets Wednesday evenings from  
6:00 p.m. - 8:00 p.m.

For more information  
or to register,  
call (567) 280-4023

*Funding for Oriana House's  
Family Matters Program is paid in  
part by local Sandusky County levy  
funds from the Mental Health and  
Recovery Services Board of Seneca,  
Sandusky, and Wyandot counties.*



[www.orianahouse.org](http://www.orianahouse.org)

It is the policy of Oriana House, Inc., to not discriminate based on race, color, religion, sex, national origin, disability, age, sex (wages), genetics, gender, sexual orientation, HIV status, retaliation, and military/veteran status. 8/15

# Registration

Print the following information and a Family Matters Program staff member will contact you:

Your name \_\_\_\_\_

Telephone number where you can be contacted \_\_\_\_\_

Best time to contact: Day time hours \_\_\_\_\_ Evening hours \_\_\_\_\_

May we leave a message? Yes \_\_\_\_\_ No \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Your relationship to the person you are coming to support \_\_\_\_\_

If mailing, send to Oriana House Family Matters, 101-103 S. Front Street, Fremont, Ohio 43420  
or you can register by phone by calling (567) 280-4023