



Recovering **HOPE**

How to Help a Family Member.



Acknowledge the Challenge

Supporting someone in recovery can be **hard**. It's **normal** to feel overwhelmed, but you are **not** alone.

Set Boundaries with Care

Boundaries protect both you and your loved one. Clearly **communicate** what you can and cannot do and allow them to take **responsibility** for their recovery.

Encourage Treatment and Support

Offer **gentle encouragement** for your loved one to engage in treatment, but understand that **recovery is their journey**. Setbacks may happen, and that's **okay**.

Practice Healthy Communication

Listen without judgment. Use **positive, encouraging language**, and avoid trying to **control** the situation. Practice using open and honest communication. Use "I" statements to express feelings without blame.

Learn more about Recovering Hope: www.recoveringhope.life

Resources and Support for families



Meeting ID:
830 020 5816
Passcode: 333883

Join Our family Support Group

- **When:** Every Tuesday from 5:30–6:30 PM
Virtual Zoom Meeting
- **What:** A supportive, confidential space for families to connect, share experiences, and receive guidance by an experienced facilitator.
- **Call:** 844-314- HOPE (4673) for more information and details on how to join!

Additional Resources for families:

Online Resources

Allies in Recovery

Education and Resources for families

🌐 alliesinrecovery.net

Partnership to End Addiction

Education and Resources for substance use prevention

🌐 drugfree.org

SAMHSA

Education and Resources for families

🌐 <https://www.samhsa.gov/find-support/helping-someone>

Support

Thrive Family Services

In Person and Virtual Support Groups and Family Peer Recovery Services

📞 **612-424-0540**

🌐 thrivefrr.org

For the Love of Recovery

In Person and Virtual Support Groups for siblings

🌐 www.forloveofrecovery.com

Support

NAMI

Parent Warmline, Support Groups and Education

📞 **651-645-2948**

🌐 namimn.org

Al Anon Family Groups

In Person and Virtual Support groups for families

🌐 al-anon.org



"Healing is a journey, and your support makes all the difference."

Contact Information

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