



FAMILY PROGRAM

Livengrin Lehigh Valley Family Education Program

Livengrin supports both patient and family

Livengrin Knows

Inpatient treatment gives patients tools for recovery

Support goes beyond the patient to families

No one recovers on their own

A substance abuse problem affects all aspects of a person's life, including relationships, families, and children. For this reason all loved ones need to be involved in the treatment process. Livengrin helps families heal themselves and, in the process, foster a new relationship with their person in treatment that is most conducive for recovery.

The Family Education Program at the Lehigh Valley location is a support group designed to offer moral and emotional support as well as education for family and loved ones of addicted people. The group focuses on informing the family on how to best support themselves as they in turn, support their loved one, who is suffering with addiction.

When: Tuesdays, 5:30PM-7:00PM
Where: 31 S. Commerce Way, Bethlehem, PA 18017
Cost: Free – Open to the Public

The program is led by a certified clinician and is comprised of an education component and a moderated family support group. Education topics include:

- How Addiction Impacts the Family
- Enabling vs. Helping
- Setting Boundaries
- Warning Signs of Relapse
- Progression of Addiction
- Importance and Techniques for Self Care
- How to Navigate the Treatment System
- Utilizing Community Resources

For additional resources that can help your family members cope with a loved one's substance use, please take a look at the Livengrin Family Toolkit: <https://www.livengrin.org/family/>

For more information, contact Kendall Kulp, 610.264.5521 x1110, or Program Manager Molly Stanton, 610.264.5521 x1109