

*At Oriana House we believe that addiction is a disease that affects the entire family.*

*Family Matters is designed to educate, support, and promote family healing. All sessions are designed with family members in mind, integrating skill building and communication exercises with information from professionals who know and care about what you are going through.*

*We provide a safe, comfortable environment where you can explore the possibilities of recovery with your loved ones.*

*Know that you are not alone. Many families are facing the same challenges and find Family Matters to be a unique source of hope and encouragement.*

*Positive family involvement can assist in continued sobriety.*

*Family Matters is offered to family members and friends affected by addiction to provide encouragement and support.*

## Oriana House, Inc. Family Matters

Family Matters is recommended for adults and teenagers 16 years of age and older. Call for meeting dates and times.

### **Cuyahoga County:**

Oriana House Reentry Center  
Rigel Recovery Services  
1804 E. 55th Street  
Cleveland, Ohio 44103  
(entrance in back of building)  
216-417-4213

### **Sandusky County:**

Northwest Ohio Behavior  
& Reporting Services  
103 S. Front Street  
Fremont, Ohio 43420  
567-280-4023

### **Seneca County:**

Rigel Recovery Services  
65 St. Francis Avenue  
Tiffin, Ohio 44883  
567-220-7018

### **Summit County:**

Glenwood Halfway House  
65 E. Glenwood Avenue  
Akron, Ohio 44304  
330-996-2222

### **Huron County:**

Northwest Ohio Behavior  
& Reporting Services  
12 E. Main Street  
Lower Level  
Norwalk, Ohio 44857  
567-280-4023

### **Washington County:**

Rigel Recovery Services  
27750 State Route 7  
Marietta, Ohio 45750  
740-371-5160

Moving your family past  
addiction



*Family  
Matters*  
Healing Families  
Touched by Addiction



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



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Family Matters at Oriana House is led by professional treatment counselors.

Participants will learn how to appropriately express their feelings; improve their communication skills; demonstrate anger management skills; develop coping skills to deal with stressful situations; and gain knowledge of addiction as a disease and how it affects family members.

All of these skills help heal relationships and offer healthy support for the person in recovery.

Family Matters offers free weekly group sessions. Participants can attend any or all of the sessions which cover the following topics:

### ***Triggers & Cravings***

Join us for a look into the signs and symptoms of addiction, learn to identify triggers, and understand how cravings are related to the disease of addiction.

### ***Boundaries & Healthy Relationships***

Learn how family roles are impacted due to substance use, the difference between helping and enabling, and how to establish healthy boundaries that lead to healing within the family for ongoing recovery.

### ***Anger Management***

Grow your understanding of how anger impacts loved ones of those in active addiction and recovery, and learn skills and find triggers to your own emotions regarding the substance use disorder.

### ***Recovery Panel***

Hear real, personal stories about the benefits and challenges of being in recovery and connect with those who are actively fighting addiction and co-dependency.

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

Engage in an interactive discussion generated from live role plays and educational material designed to help participants explore feelings and develop personal strategies for coping with the possibility of a relapse.

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

Develop practical, healthy life skills that can result in positive changes for the whole family by examining the development of the addictive cycle, reviewing the progressive phases of addiction, and learning to spot relapse justifications.

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

Participate in an honest, open forum centered on the acceptance of certain realities that come from living with addiction and being in recovery as well as exploring alternative healthy lifestyle activities and self-control strategies.

### ***Road Map to Recovery***

Gain deeper insight into what to expect as a person progresses in their recovery journey by examining the four stage model of recovery and the unique characteristics/goals of each stage.

### ***Communication Traps***

Receive helpful information about different communication styles, techniques, and traps that can hinder family relationships and examine the important role communication plays in healthy relationships.

### ***Rebuilding Trust***

Begin to repair damaged relationships by looking at the critical role that trust plays in the recovery process while having the opportunity to openly share with others who have experienced similar disappointment, loss, and frustration.

### ***Guest Speakers & Facilitator's Choice***

Have your questions answered about treatment and the recovery process by meeting interesting, qualified professionals who work directly with people who suffer from addiction on a regular basis or benefit from a topic selected by the facilitator.

