



FAMILY CLASS™

Topic	Description
Addictive Disease	We begin by exploring the basic dynamics of addiction, which are bigger than just drinking or using. This is a look at addiction as a family issue. The goal is to understand how the family plays a role in addiction as well as how addiction shapes the family.
Codependency	We will debunk the mystery and confusion that surrounds codependency. Together we dig into how codependency patterns form and evolve into addictive behaviors.
Family of Origin	Dive deep into the family through a wonderful process of creating a graphic snapshot of the organization and structure of your family. We call this our Family Map. We will look at things that repeat from generation to generation as well as those things that stop or change. Many are shocked by the exciting discoveries of this month's work.
Boundaries	Healthy power in a family depends on each member knowing who they are. Boundaries are the word we use to describe this process of discovering who we are, which allows us to then define who we are as a family. When boundaries are unclear, chaos and anarchy become the rules. This month is about learning who we are as a family and how to protect ourselves appropriately.
Practicing Recovery	Recovery is a broad term that refers to getting healthy and making new practices stick. It is about more than just sobriety. It is what makes staying sober worth doing. But what does recovery mean for the family? Let's find out together.
Personal Care Plan	Family Class is just the beginning. The real question is how to take what you are learning in class and integrate it into positive life changes. Having a clear plan is vital. This month is all about developing and implementing a plan that helps the family move forward successfully.