

Families in Recovery

Family Support Meetings

- Support meetings bring together the person in addiction/recovery and their support system to talk about the things that are important to **them**.
- The family network decides who attends and where the meeting takes place.
- Meetings are facilitated by impartial third party mediators to help people:
 - listen to each other and feel heard.
 - have open, honest conversations about addiction and recovery.
 - repair relationships.
 - build trust.
 - plan for the future.