

## Empowering Families Through Understanding and Support

When addiction touches someone you love, it often affects the whole family. It can bring worry, frustration, and a deep sense of helplessness, along with sleepless nights, strained relationships, and a loss of connection with friends or supports.

Many families carry feelings of shame or isolation and feel unsure of what to say, how to help, or where to turn.

This program offers a safe and respectful space where families and loved ones can learn, connect, and begin their own healing journey. Through education, conversation, reflection, and support, participants gain practical tools while discovering they are not alone.

**For more information, contact our Family Systems Healing Counsellor at 403-387-6266**

**Fresh Start Recovery is Providing Solutions To Save Lives, Rebuild Families, and Strengthen Communities.**

**Meeting Every Individual, Supporting for Life.**

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ACCREDITATION AGRÉMENT CANADA

Fresh Start is supported by valued community partners.




## Contact Information

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**Charitable registration #136720737RR0001**

# FRESH Start RECOVERY

Providing Solutions To Save Lives

# Family & Friends Healing Initiative

You don't have to do this alone.





## Our Commitment to Families and Friends

We understand that addiction affects the whole family. Our goal is to create a safe and supportive environment where families and loved ones can focus on their own well-being while learning healthier ways to support recovery.

- A safe, respectful environment where you are heard, supported, and never alone.
- Encouraging self-care across all areas: physical, emotional, mental, and spiritual.
- Clear, compassionate education to help you understand addiction and develop healthy coping strategies.
- Tools and guidance to help you set and maintain boundaries that support your well-being.
- Personalized referrals and resources to meet your unique needs, whether for counselling or community services.
- Sessions are led by experienced professionals who offer both expertise and empathy.

**You're no longer alone.**

## You Need Support Too

Addiction affects more than one person. It touches families, relationships, and daily life in ways that can feel exhausting, confusing, and isolating. If someone you love is struggling, please know you are not alone. Families often carry fear, frustration, guilt, grief, and uncertainty while trying to help someone they care about. Healing requires care, structure, connection, and support, not blame or shame.

This program recognizes that families and friends need support, too. Recovery is relational, and healing happens through healthier connections, clearer boundaries, and shared understanding.

Families and friends are supported through education about addiction, guidance on communication and boundaries, opportunities for connection and reflection, and a dedicated Family and Friends program led by experienced, compassionate facilitators.

We invite you to reach out and find the support you deserve.

***"This group has felt like a home to me. I have searched for a space like this my entire life, a place where I feel heard, where my voice is recognized, and where every person brings something meaningful to the table. I feel genuinely blessed to have found this community."***

**-Meigan**





## Healing for Families and Friends

Addiction affects the entire family. It impacts relationships, routines, trust, and emotional well-being. While recovery belongs to the individual, healing often involves everyone who has been affected.

Families and Friends Coming Together is open to anyone who is currently affected by, or has been affected by, another person's addiction.

- These sessions offer a compassionate space for families and friends to focus on their own healing.
- Participants explore how addiction has affected them emotionally, mentally, spiritually, and physically, and begin healing from those effects.
- Participants gain insight into addiction, explore emotions such as guilt, shame, anger, and fear, and learn practical tools for boundaries, self-care, and stress management.

***"Every time I show up, I'm choosing hope. I'm choosing connection. I'm choosing to build a healthier future, for myself and for the people I love." - Rothna***