

## Welcome Family & Friends!

We are honored that you chose Serenity Lane in your family's journey to recovery. As you may well know, addiction affects the entire family, so it is of paramount importance that we offer treatment for the family as a whole.

If your loved one has invited you to participate in programming it can be a life-changing experience. Taking this time to invest in your family's wellbeing will be time well spent. Your attendance and treatment on the weekends is included in your loved ones treatment package.

At this time, we welcome 2 family members age 16 and above to participate in Saturday & Sunday family programming. Some concepts that will be presented include the medical perspective of addiction, levels of care/treatment, aftercare concerns and of course communication and boundary setting.

Detailed weekend schedules are available. When you visit you will attend an orientation and have a short campus tour. Please reach out to the family programming coordinators if you have questions about the weekend process or if you would like some direction on accessing resources for family support.

Sincerely,

The Family Programming Team  
Aura, Jaclyn & Tom

## What Families Are Saying



### Attending programming I learned:

"How to properly set boundaries, express needs and use I feel statements"

"I found the most helpful info was learning about the frontal lobe of the brain and its dysfunction when using alcohol or drugs. It explains so much."

"Love is not the problem or the solution."

"I don't have to be responsible for everyone's problems."

"Lots of serious problems in families besides ours."

"I was feeling more than I was aware of on the surface."

"Groups can be great with strangers."

### The most helpful part of group was:

"The boundary setting info was also very helpful."

"Being in a group of people who understand what you are experiencing because they are too."

"Listening to others."

"No pressure."

"Learning to set and keep safe boundaries."

"Watching people role play boundary setting, also the model for boundary setting."

"Being able to share."

"Acknowledging the facts...who I am and what I can do to help me."





### Schedule and Summary

Saturday & Sunday  
Family Programming 9am-3pm  
Visitation 3pm-5pm

Each patient may have three (3) participants for Family Programming.

Family/Friends need to arrive by 9 am if it is their first time here on the weekend to complete an orientation. If you have completed an orientation you may arrive at 9:45am.

For a more detailed schedule please reach out to [familyprogramming@serenitylane.org](mailto:familyprogramming@serenitylane.org).



1 Serenity Lane | Coburg OR 97402  
Phone: 541-687-1110  
[familyprogramming@serenitylane.org](mailto:familyprogramming@serenitylane.org)

