

When someone you love is battling addiction and mental health issues, it is very common to feel lost, hopeless, and helpless. Whether this is the first or the tenth treatment center they have been in, the professionals at PRIDE Institute want you to know that there is always help and hope available for you.

### Can you find yourself in the following list?

**Denial** - This can't be happening to me or my loved one.

**Anger** - Why is this happening to me and my loved one?

**Bargaining** - I will do anything to change this.

**Depression** - What's the point of going on after this?

**Acceptance** - It's going to be OK.

The Kindred Family Program doesn't have a magic wand to fix anything or anyone, but we do have ideas, suggestions, resources, and support to offer you. Join us for education about the disease of addiction; the ways that all humans process change and react to loss; the extra life traumas that may affect the LGBT community, along with our assistance in pointing you towards help and healing, including what you can do for yourself and your loved one.



The Kindred Family Program runs from **Friday noon through Saturday 5 pm** and is offered frequently. Attendance includes 9 hours of programming, support materials, plus a 60 – 90 minute private session with PRIDE staff.

#### For more information and next dates of delivery, contact:

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## THE KINDRED FAMILY PROGRAM



# PRIDE INSTITUTE

Creating a Healthy LGBT Community

[www.pride-institute.com](http://www.pride-institute.com)



# JOIN YOUR LOVED ONE IN THE ROAD TO RECOVERY

Friends, Family, and Loved Ones are specifically invited to attend this unique program at PRIDE Institute. We believe that all people in a relationship with a person in recovery are impacted by addiction. We encourage chosen family to be involved to better support themselves on the path of recovery and healing.

## What can you expect?

- Education about chemical dependency and the disease of addiction, along with co-occurring issues – body, brain & behaviors
- Awareness & insight development into LGBTQ challenges in recovery
- Information on relationship interconnectedness & emotional boundaries
- Communication skills development
- Increased understanding of challenges & resources in recovery for you
- A private 60-90 minute session with a member of PRIDE staff
- A safe place to discuss issues, ask questions, and practice skills

## The Kindred Family Program

Discover what might be most helpful for you and your loved one in early recovery. PRIDE Institute has created a day and a half long program to help you learn positive forms of Kindred support.

### What are Kindred or Kin?

- A group with something in common: a population whose members are related in origin, characteristics, beliefs or common interests; Kindred Spirits
- A group of relatives: people who are connected by birth, marriage, or adoption
- People living together: persons living together functioning as a single household
- Offspring: a child or set of children born, adopted, fostered, or raised by someone

### What is Triage?

Triage is the process of determining the priority of actions based on the severity of conditions in any time of crises or transition in order to increase the numbers of survivors.

