

The Family Restored Support Group Welcome Packet



We are a support group for family members and friends who are navigating the challenges of a loved one's addiction. We are here for you and your family. You are not alone. We are glad you made the decision to join us.

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Believing recovery is possible, our mission is to strengthen and support families affected by addiction.

The Family Restored (TFR) began in 2011 with one family support group in Portland, Maine, founded by people in long-term recovery who wanted to support families affected by a loved one's addiction. Early on, they saw how community and education brought hope and direction. A common challenge kept surfacing—how to pay for treatment when someone was ready for help. In 2014, TFR became a 501(c)(3) nonprofit and launched a treatment scholarship fund. Since then, they've awarded over one million dollars in scholarships. TFR now offers 8 in-person meetings, three virtual meetings, family peer coaching, educational workshops, grief support, annual retreats, and a men's sober living home—focusing on healing the entire family system.



FAMILY PROGRAMMING

Weekly Support Groups

A space for families to connect with others facing similar challenges and hear directly from facilitators and guest speakers about addiction and recovery.



Family Peer Coaching

One-on-one support with trained peer coaches who help family members set goals, establish boundaries, and find healthy ways to support a loved one's recovery.

Educational Series

Workshops offered every six weeks on topics like addiction, treatment options, self-care, and family wellness, led by professionals in the field.



Retreats

The Annual Family Retreat, held each summer in New England, provides a weekend for families affected by addiction to connect, relax, and learn practical self-care and mindfulness skills.

RECOVERY PROGRAMMING

Treatment Scholarship Fund

Financial assistance for individuals seeking treatment and safe, supportive housing.



Portland Sober Living

A 10-bed men's sober living home that provides structure and community during early recovery.

Welcome to the Family Restored Support Group

We're here to help you better understand the realities of addiction - what it looks like, how it shows up in everyday situations, and how you can respond in healthy, effective ways. Our goal is to help you gain the knowledge and skills you need to care for yourself while supporting your loved one.

We offer support through:

- Firsthand experience – our facilitators are people in long-term recovery who've lived it
- Parent-to-parent connection – families helping families
- Recovery resources – practical tools and information
- Fellowship – a community that truly understands

Loving someone in active addiction can feel isolating and hopeless. It's confusing to know when to help and when to step back. Sometimes, your efforts to intervene can unintentionally enable the addiction to continue by removing the natural incentives that might motivate your loved one to seek help. This can leave you feeling like everything you've tried has failed - only increasing fear, anxiety, and the sense that no matter what you do, it only gets worse. While you can't control your loved one's recovery, you can work on your own healing - and we're here to help you do that.

We'll share openly about what this illness looks like - how those struggling with addiction often lie, manipulate, and pressure loved ones to get what they want. We'll be honest, even when the truth is painful, and we'll stand with you as you face your difficult situation head on.

Our meetings often include guest speakers in long-term recovery who share how addiction impacted their lives and families. Their stories offer a deeper understanding of the complexities of this disease – that can be both educational and insightful. For those of us in recovery, taking responsibility for the harm we caused and helping other families heal is an essential part of our

own journey. While we can't undo the past, we can share our experience, strength, and hope with others walking a similar path.

Many of our family members have been attending meetings for years. Their experience living with and loving someone in addiction - and their own recovery from co-dependence - make them invaluable guides for newcomers. They're here to share what worked, what didn't, and to offer ongoing support. Many members even connect outside of meetings to talk, share, and lift one another up.

For a list of all of our current family support groups, both in-person and virtual, please visit our website: thefamilyrestored.org.

Helpful Resources:

For a comprehensive explanation of the family disease model of addiction, please [view this video](#).

For information on our Family Retreats and Educational Workshops, [see our website](#).

To apply for a Peer Family Coach, fill out [this application](#).

Joining our mailing list is the best way to stay up to date on our family programming - [sign up here](#)

In this packet you will find:

- General meeting guidelines
- Information on a 12 Step experience for families
- Information on our Family Peer Coaching program
- Resources for treatment and sober living
- An outline of the disease model of addiction
- Guidelines for crafting a sober contract/relapse plan.

**We welcome you to our family meeting,
we're truly glad you're here.**

MEETING RULES AND GUIDELINES

1. There is an expectation that attendees will be sensitive to the confidential nature of the information shared during this meeting.
2. Please limit check-ins to 1-2 minutes to ensure ample time for the speaker and questions.
3. Please limit any side conversations during the meeting.
4. Please turn off technology so you can be fully present and benefit from this meeting.
5. This is a closed meeting for family and friends of people with addiction.
6. Please save questions until the end of the meeting when the speaker is finished.
7. Please feel free to offer your own experience, rather than advice, to other attendees.
8. Please see the facilitator after the meeting if you did not have an opportunity to ask your question or would like any additional help.

12 Steps for Loved Ones

We offer, and strongly encourage, a 12-step experience designed to help families find freedom from the obsession with their loved one's addiction. We believe this process can be one of the most important components of healing and living a recovered life as an affected family member.

The 12 steps are a clear, time-tested set of actions that help people recover from recurring problems in their lives. This same program is what we have used to recover from addiction ourselves, and it can be equally transformative for those navigating a loved one's addiction.

Through the 12 steps, family members learn to take constructive action, identify and break unhealthy patterns, and stop being held hostage by their loved one's illness. This process helps you find peace amid uncertainty and begin to heal from the pain and frustration that addiction causes.

The 12 steps guide you toward personal growth, resilience, and a deeper understanding of yourself. Most importantly, they help you develop faith. We believe that faith is essential, because while there is no guarantee your loved one will recover, you can recover.

It's important to know that **the 12 steps are not a religious program** - a common misconception - but they do offer a path to spiritual awakening. When you begin, you don't need to believe in God, have faith, or even think it will work when you start. **All that's required is a willingness to try.** When faced with the pain and powerlessness that come from loving someone in active addiction, there's truly nothing to lose and everything to gain.

If you're interested in beginning a 12-step experience, please speak with one of our meeting facilitators. They can share information about upcoming workshops and opportunities to get started.

Family Peer Coaching

Over the years, we've seen that some families desire more individualized support. There are times when family members may not feel comfortable sharing in a larger group, or when there simply isn't enough time to explore the specific challenges they're facing. Recognizing this, we wanted to create another layer of support — one that helps family members feel seen, heard, and empowered to make their own wellness a priority. We believe that when the whole family is supported, lasting recovery becomes possible.

In partnership with Mary Grove Coaching, The Family Restored developed the Family Peer Coaching Program, which pairs family members with a trained peer family coach for personalized, one-on-one support. Each coach is a family member with lived experience who understands the emotional challenges, confusion, and hope that come with loving someone struggling with addiction. Through active listening, reflection, and shared experience, the coach helps participants build awareness that empowers them to identify clear goals, establish healthy boundaries, and strengthen their own recovery and wellness practices.

The Family Restored provides all peer coaches with a comprehensive training program, as well as ongoing supervision, education, and peer support throughout their commitment. This ensures that every participant receives consistent, compassionate, and informed care.

If you're interested in being paired with a peer coach, please complete the brief application below. A member of The Family Restored team will contact you to schedule an introductory call and begin the matching process.

[Apply here!](#)

TREATMENT RESOURCES

The Family Restored Treatment Scholarships

TFR provides scholarships to eligible individuals to help with sober living costs. Scholarships are provided exclusively to those programs that are on our approved Treatment Partners List. All of our Partners provide structured support grounded by the 12 step model of recovery. For more information on our scholarship program [visit our website](#).

Recovery Housing

If you're exploring recovery housing options, we encourage you to connect with our trusted treatment partners. These organizations have been carefully selected for their commitment to providing compassionate, high-quality care and supportive environments for individuals in early recovery. You can learn more and find a list of recommended programs on [our website](#).

Medical Detoxification

Visit [detox.net](#) to find a comprehensive guide to medical detoxes in any state.

Other Levels of Care

Visit [treatmentconnection.com](#) to find a comprehensive guide to various levels of care for substance use and mental health if your loved one lives in Delaware, Florida, Maine, Nevada, New Mexico, or North Dakota.

Additional Scholarship Programs

[Herren Project](#)

[Pelican Intervention Fund](#)

DISEASE MODEL

For a detailed explanation of this model, view [this video](#).

Addict/Alcoholic		
MIND	BODY	SPIRIT
<p>Obsession a reoccurring thought that is stronger than and does not respond to reason</p>	<p>Allergy Abnormal reaction to a substance</p>	<p>UNTREATED SELFISH DISHONEST SELF-CENTERED</p> <p>TREATMENT 12-STEPS PSYCHIC CHANGE SPIRITUAL EXPERIENCE</p>
<p>R.I.D. Restless, Irritable, Discontent</p>	<p>P.O.C. Phenomenon of craving</p>	
<p>Once I stop, I can't stay stopped</p>	<p>Compulsion Behavioral</p> <p>Progressive Gets worse over time</p> <p>Terminal Will eventually kill you</p> <p>Once I start, I can't stop</p>	
<p>Family Member</p>		
MIND	COMPULSIVE BEHAVIOR	SPIRIT
<p>Obsession a reoccurring thought that is stronger than and does not respond to reason</p>	<p>Control Threatening, rewards, planning, babysitting</p>	<p>UNTREATED GUILT, SHAME, REMORSE DEPRESSION, HEALTH ISSUES Invades all aspects of my life, ignore other loved ones</p> <p>TREATMENT STOP enabling, spying, controlling 12-steps Therapy Relapse Contracts Meetings Helping other families</p>
<p>R.I.D. Restless, Irritable, Discontent</p>	<p>Enabling Money, providing living arrangements, making excuses</p>	
<p>When I try to stop compulsive behavior I can't hold my ground</p>	<p>Spying Going through phone, following them, calling work</p> <p>Once I start controlling, enabling and spying, I can't stop</p>	

RECOVERY PLAN GUIDELINES

Writing a Recovery Plan

At our The Family Restored Support Group, we encourage families to create a clear plan for how they will support their loved one's recovery. A recovery plan helps establish healthy boundaries - for both you and your loved one. It involves setting clear expectations and defining which behaviors will and will not be supported. This process not only helps you set boundaries for your own actions, but also helps your loved one understand the limits and responsibilities that come with recovery.

While we all hope relapse never happens, it's important to be prepared. In moments of crisis, emotions can take over and decision-making becomes difficult. Having a plan in place allows you to act with clarity and compassion, making choices that align with your values rather than reacting out of fear or panic.

Working Together

We encourage families to develop their recovery plan together - with everyone who will play a role in supporting their loved one's sobriety. Because people struggling with addiction can often be skilled at manipulating others, it's essential to present as a unified front. When family members and supporters stand together in promoting recovery, it becomes much harder for the person to return to use or continue using if relapse occurs.

Define Clear Boundaries

Each person involved should establish clear boundaries around their own behavior toward the family member who is struggling. These boundaries are essential - they protect your sanity while supporting your loved one's recovery.

As you create your plan, take an honest look at your own actions. Have you

provided money or material support while your loved one was using? Shielded them from consequences? Lied on their behalf? Tried to control or constantly monitor their behavior? Identifying these patterns is the first step toward change.

After identifying your own problematic behaviors, create boundaries that are both firm and achievable - ones you know you can keep with consistency and compassion. For example, if you have allowed your loved one to stay in your home while using, make it clear that this will no longer be permitted. If you've provided financial support that enabled their addiction, clearly state the limits around money or assistance moving forward.

When writing your boundaries, be direct and specific to avoid confusion. You can use a simple format like this:

Until you [insert behavior, i.e. stay sober 6 months, complete the program, etc], we will not [insert result, i.e. let you come home, give you money, take your calls, etc]."

A list of statements like this will make a strong relapse plan.

Holding Firm

People struggling with addiction can often sense uncertainty and may test your resolve, so it's important to set boundaries you can truly keep. Consistency builds trust and stability - both for you and for your loved one.

As you write your plan, it's natural to experience fear or guilt. Many families worry that setting strong boundaries might push their loved one away or even lead to greater harm. But in truth, the opposite is often the case. Clear, firm boundaries are one of the best ways to protect your own well-being and create the conditions that support your loved one's recovery.

If you need guidance or support as you work on your recovery plan, please reach out. Our team is here to help you through the process and ensure that you have the tools and encouragement you need to move forward.

ADDITIONAL RESOURCES

Books

Don't Let Your Kids Kill You: A Guide for Parents of Drug and Alcohol Addicted Children - Charles Rubin

Addict in the Family: Stories of Loss, Hope and Recovery - Beverley Conyers

Everything Changes: Help for Families of Newly Recovering Addicts - Beverley Conyers

Meditation for Fidgety Skeptics - Dan Harris, Jeffrey Warren, Carlye Adler

10% Happier - Dan Harris

Smart Phone Apps

Insight Timer

Headspace

Meditation Studio

Calm

10% Happier

Websites

mindful.org





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