

FAMILIES IN RECOVERY

FAMILY MEDIATION SESSIONS



NOTHING CHANGES IF
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- **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.**