

FAMILY SUPPORT PROGRAM

- **Family Day**

During the residential and intensive outpatient programs, family members and significant others are invited to participate in the therapy process each Wednesday or on another designated day (staff approval needed). There is no additional charge for family members to join in this portion of the patient's treatment.

The schedule on Family Day is:

- 8:30 am - 9:30 am Lecture on Addiction as it relates to Family Systems
- 10:00 am - 11:30 am Morning Group Therapy Session
- 11:30 am – 1:30 pm Two-Hour Lunch
- 1:30 pm - 3:00 pm Afternoon Group Therapy Session

- **Codependency Workshop**

All-day Saturday workshops are regularly scheduled throughout the year. This group continues the process of individuals gaining education and support regarding the impact of addiction on their own life. Encouragement is given to each family member's own personal recovery program. There is a fee for this program.

- **Children's Programming**

A unique part of the WeMAC residential program is its offerings for children. Children's Days (ages 5-13) are held to coincide with the Family Day schedule. On this day, children are given education and support around the topics of addiction, their parents absence from the home, and their feelings. Programming for teenagers and preschoolers can also be arranged. There is NO cost for the children's program.

- **Parenting Group**

Patients with children attend a group each Monday from 3:15 pm -4:00 pm. Spouses in the Grand Rapids area may attend this group. There is no charge for this group.

- **Caduceus Al-Anon Group**

Spouses of health professionals living in the Grand Rapids area are encouraged to attend this group which meets the 2nd Monday of each month from 8:00-9:30 pm. There is no charge for this group. Referrals to other support groups are available.