

Clear Steps Recovery Family Program

Empowering Families, Supporting Recovery

Substance use and abuse take a substantial toll on American families every year. With over 23 million people suffering from addiction and more than 100,000 lives lost annually to drug overdoses, the effects ripple through families, leaving emotional and psychological scars. At Clear Steps Recovery, we believe that families play an integral role in breaking the cycle of addiction.

What to Expect

Our groups are primarily peer support in nature, guided by a clinician, with psycho-educational information sprinkled in as needed. These sessions provide:

- Opportunities for family members to connect with each other and the family coordinator.
- Tools to support your loved ones through their recovery journey.
- Guidance on becoming more assertive in conversations.
- Education on recognizing warning signs to prevent relapses.
- A safe space to support one another in your own struggles.

Sessions are free of charge for family members with a loved one currently enrolled in Clear Steps Recovery.

Program Details

- **When:** Every 3rd Wednesday of the month
- **Time:** 6:00 PM – 7:15 PM
- **Location:** 1 D Commons Dr, Units 21 & 22.
Londonderry, NH 03053

Why Join?

If you've watched a loved one suffer from substance use disorder, you may have experienced feelings of helplessness, frustration, or burnout. Remember, you are not alone—and you are not to blame. Addiction is a mental illness that requires professional help. At Clear Steps Recovery, our family support program is designed to:

- Alleviate the strain addiction places on families.
- Improve treatment outcomes for your loved one.
- Provide emotional tools to help you regain trust and set healthy boundaries.

At **Clear Steps Recovery**, we offer a comprehensive family support program with:

- Individual and family therapy
- Peer-led support groups

Our compassionate team is here to guide your family every step of the way. Families are not just participants in the recovery process; they are an essential extension of the treatment team.