

HAZELDEN BETTY FORD FOUNDATION FAMILY RESOURCES



Heal, unite, and inspire.
Nurture your family's
recovery with others who
share the journey.

Addiction is called “a family disease” for good reason, and families need help in their own right. With care and support, families are able to work through the chaos they've experienced, understand how to set healthy boundaries, and begin to rebuild a trusting relationship with their recovering loved one.

Heal, unite, and inspire.

Join other families to support your recovery journey.

Beginning a healthy way forward for your family starts with getting help and support for yourself. You've already taken the most important step. You're looking for answers, care, and support. And you've come to the right place.

CARING FAMILIES GROUP

For 67 years, the Hazelden Betty Ford Foundation has devoted each new day to helping individuals and families reclaim their lives from the pain and chaos of addiction. We know from experience that life gets better.

- Unite and build a network of support and encouragement
- Discover new insights about addiction and resources to support your family's recovery
- Inspire others by sharing your experiences, healthy practices, and sources for strength and hope

THE DAILY PLEDGE

People helping people 24/7. A free, online social community, made possible by the Hazelden Betty Ford Institute for Recovery Advocacy, that provides a source of support and fellowship to those touched by or concerned about the disease of addiction. Visit TheDailyPledge.org to learn more.

ONLINE RESOURCES

The Caring Families Group and The Daily Pledge are just two of the many resources available for families. Visit HazeldenBettyFord.org/Families to learn more.

Caring Families Groups

Hazelden in Plymouth

First Monday of each month
7:00 p.m.—8:30 p.m.

Hazelden Betty Ford Foundation
11505 36th Ave. N., Plymouth, MN 55441

Hazelden in St. Paul

Third Thursday of each month
7:00 p.m.—8:30 p.m.

Hazelden Betty Ford Foundation
Fellowship Club
680 Stewart Ave., St. Paul, MN 55102

The Caring Families Group is offered at no charge. Participate in the group as often as you would like. No registration required.

To learn more,

visit HazeldenBettyFord.org/Families or

IN ST. PAUL, CONTACT . . .

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Foundation