

# Family & Couples Program



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## PROGRAM DESCRIPTION

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The Family & Couples Program is designed to assist family members in their efforts to find their own peace and to better understand the nature of addiction. Over the course

of an extended weekend, families and partners participate in education, written exercises, and non-confrontational group discussions that focus on: (1) the recovery process, (2) self-care (understanding emotional burn-out, detaching with love, and starting a healing journey), and (3) preparing for life after treatment.

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## COUPLES DAY

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During Couples Day, the challenges of rebuilding relationships impacted by addiction are discussed, specifically, re-establishing intimacy and communication, as well as overcoming challenges in the relationship rebuilding process. Couples also have the opportunity to examine old patterns in their relationships. Each couple will do a “trek-scape map” to describe the patterns or “dance” in their relationships. Then couples are asked to consider strategies for changing these old unsatisfying patterns. Couples will share their projects and will have a general discussion in group about relationship challenges. The opportunity for participants in Couples Day is to examine old patterns and find ways of changing them prior to returning home together. If couples do not do this work, there is a tendency to re-live old patterns (or ways of relating to each other) because such cycles are familiar. This is an empowering day for couples to start the process of rebuilding communication and intimacy in their relationships.

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## PROGRAM FEE

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There is no charge for the Family & Couples if you have a family member, friend, or partner in the Residential Program. Otherwise, a charge of \$150 plus tax will be applied. Participants in the Couples Day must have a spouse/partner in the Residential Program. There is no additional charge for Couples Day.

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## SCHEDULE

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The program starts Friday morning with registration and continental breakfast at 7:45 AM. Each day the program begins **promptly** at 8:30 AM and ends at 4 PM (\*). Time will be allotted for breaks, snacks and meals, as well as recreation and visiting with your significant other in the residential program.

Participants should plan on attending the Family Program until Sunday 3:00 p.m (an afternoon snack will be provided Sunday). Registrants will be provided a detailed schedule Friday morning.

Couples Day is held on the Monday immediately following Family & Couples Program. Space is limited for Couples Day so participants are asked to book early.

Please call us toll-free 1.866.487.9050 for dates of our next scheduled Family & Couples Program and Couples Day.

*\*Note: times posted are approximations. Please allow for some flexibility as this is a group process.*



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# Family & Couples Program

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## REGISTRATION

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Fax completed registration form to: 604.487.9012

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## LOCATION

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The Family & Couples Program will be held at the Renewal Center located on our campus. Our address is:

### Sunshine Coast Health Center

2174 Fleury Road, Powell River, BC Canada V8A 4Z2

Local: 604.487.9050 Fax: 604.487.9012

For information on traveling to Sunshine Coast Health Center and directions visit:

[www.sunshinecoasthealthcentre.ca](http://www.sunshinecoasthealthcentre.ca)

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## ACCOMMODATION

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### Accommodation

Beach Gardens Resort & Hotel 604.485.6267

Marland Motel 604.485.4435

Ocean Point B&B 604.485.5132

Powell River Town Centre Hotel 604.485.3000

Sun Catcher B&B 1.877.487.1087 (minutes away by foot)

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## TRANSPORTATION

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Shuttle service to the Center from the Powell River airport and Westview ferry terminal is **available but cannot be guaranteed**. Car pooling is recommended. For car rentals please contact Budget Rent-a-Car toll-free 1.800.319.6919 or 604.485.4131. Budget is located at the Powell River airport, 4660 Joyce Avenue.



Family & Couples Program participants not planning on arranging their own transportation are asked to notify staff **at least one week prior to commencement**.

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## CHECKLIST

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To assist you in preparation for your participation in the Family & Couples Program, we recommend:

### Things to Bring:

- For those visiting Canada, a passport or, alternatively, a government-issued photo ID and birth certificate
- Comfortable, weather appropriate clothing
- Casual attire and sneakers for use in the fitness center or on the outdoor jogging path

### Things Not to Bring:

- Electronic equipment (laptops, cell phones, palm pilots, pagers, etc.)
- Cameras or video equipment
- Alcohol or other mood-altering drugs

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