

## About the Recovery Center

For more than 25 years, we have been working with individuals and families to help break the devastating cycle of alcohol and drug addiction.

We offer a comprehensive, forward-thinking approach to addiction treatment that is individualized to each client's unique situation.

As a program of Penn Foundation, we can help with the mental health issues that are sometimes associated with addiction. Penn Foundation offers programs that can support your family and its members.



## About Penn Foundation

Founded in 1955 and located on a 30-acre campus in Sellersville, Pennsylvania, Penn Foundation is a not-for-profit organization providing innovative services to address the mental health, substance use, and intellectual disability needs of individuals in our community.

We serve over 10,000 children, adolescents, and adults each year, offering a wide-range of distinct programs designed to meet various types and levels of mental, emotional, behavioral, and spiritual healthcare needs.

Penn Foundation's tradition of compassionate care combined with a strong belief in the healing power of hope enables us to help individuals navigate their lives with confidence, conviction, and courage.

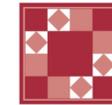
807 Lawn Avenue | P.O. Box 32  
Sellersville, PA 18960  
215.257.9999  
[www.PennFoundation.org](http://www.PennFoundation.org)



[www.facebook.com/pennfoundation.org](http://www.facebook.com/pennfoundation.org)



[www.twitter.com/PennFoundHope](http://www.twitter.com/PennFoundHope)



**PENN FOUNDATION**  
RECOVERY CENTER

*Instilling hope. Inspiring change.  
Building community.*

## Family Education



## About Family Education

The Family Education Program is offered free-of-charge to all family members and friends of clients at Penn Foundation's Recovery Center as well as interested members of the public.

It is held every Sunday from 12:00-1:00 pm at the Recovery Center followed by visitation from 1:00-3:00 pm.

The goal of the Family Education Program is to provide education about the disease of addiction. It is designed to assist participants in understanding how addiction affects family members and friends of addicted persons.

The information is given through lectures and group discussion.



## Focus on Family

As caring people, we often try to help the alcoholic and addict only to find out that what we believed to be helpful actually hurts us in the end.

Family members may experience denial of reality just as the chemically dependent person does. In order to meet their own needs, the family member tries to adjust to the addict's behavior or demands by covering up for him or her, by avoiding him or her, or by placating him or her. This is also referred to as one who is "co-dependent."

As the disease progresses, co-dependent symptoms progress as well. As the addicted person focuses on the drug of his or her choice, the co-dependent focuses on the alcoholic or addict. In turn, their lives begin to revolve around the behavior of the chemically dependent person.

Family members must recognize their needs and special qualities and learn to care about themselves and their own lives. Family members deserve to lead a life of their own, regardless of what the addict or alcoholic is doing.

## Education & Visitation

We believe so strongly in the importance of addiction education that all family members and friends of clients in the residential program are strongly encouraged to attend the Family Education Program each Sunday prior to visiting their loved one.

Facilitators will present a different educational topic with a group discussion each Sunday.

Facilitators and Recovery Center therapists are available on Sundays to meet with family members and Recovery Center clients to provide support.

