



**Families Against Narcotics**

Your **connection** for information, resources, and support.



**NAVIGATE**  
peer & family recovery coaching services

**family recovery coaching**

[familiesagainstnarcotics.org/navigate](https://familiesagainstnarcotics.org/navigate)

# What Is a Family Recovery Coach?

Many families never thought drugs would be an issue in their lives, but now they are—and they're at a loss as to what to do, who to talk to, or where to turn. Addiction is a family disease, and often times we become as sick as our loved one who is struggling with substance use disorder. A family recovery coach can help family members find peace and regain their lives.

## A FAMILY RECOVERY COACH:

- Provides support and guidance to families who have a loved one struggling with addiction.
- Develops strategies to create positive change throughout the family dynamic.
- Assists to create a calm, non-judgmental environment.
- Helps family members establish healthy boundaries.

Our coaches have been affected directly by a family member with substance use disorder and have completed state-certified family recovery training. Our coaches are not professional therapists or counselors, but they have a strong passion for helping families heal.

## How Does It Work?

- Our coaches can work with a single family member or the entire family.
- Participants should be open to considering alternative methods of communication and behavioral actions.
- One-hour coaching sessions generally occur once or twice a week at an agreed upon time and place (up to 24 sessions).

This is a free service. To request a coach or to learn more, visit [www.familiesagainstnarcotics.org/navigate](http://www.familiesagainstnarcotics.org/navigate).

**“A family coach saved my life and gave me a clear and healthy mindset on the world of addiction.”**  
-Debbie

**[www.familiesagainstnarcotics.org](http://www.familiesagainstnarcotics.org)**