

Family Class™ is our family-centered work that helps everyone find a recovery plan that sticks. The heart of the work is our weekly Family Class™; an hour-long session that brings the team together for sacred time to explore and experience a new freedom. We blend information with inspiration to help participants make life-affirming, healthy relationship decisions. We work together to discover how old tapes (“Battleground Beliefs”) influence lives today.

The family recovers strength and resilience thought to have been lost forever or impossible to achieve.

Tools learned in Family Class™ help families and friends succeed in establishing healthy boundaries between each other. Connected by a fierce love, but not fused, the family unit fosters a new capacity for honesty and forgiveness, while releasing old blame, shame and guilt.

Family Class™ gathers together family (of origin and choice) so the voices that matter to the group can participate in this change-infused program.

