



Family Support Services

Introduction

At Life Center of Galax, we understand that the impact of addiction and co-occurring mental health challenges is not limited to the individual who is directly affected. We also appreciate the important role that friends and family members can play in their loved one's treatment and recovery. For these reasons, we offer a variety of family support services.

Family programming is available to patients and their loved ones at both the residential and partial hospitalization (PHP) levels.

Who Can Participate?

Participation in our family support services is based upon the preferences of the patient and the recommendations of the treatment team. In general terms, these services are designed for individuals of significance in the life of the patient. Depending upon each patient's unique situation, this may include spouses, partners, relatives, close friends, and other loved ones.



Family Program Options

Multi-Family Group

Every week, we host multi-family groups for loved ones of patients in our residential and partial hospitalization programs. These sessions provide a structured and supportive environment in which loved ones can share their feelings, learn from the experiences of others, and get valuable information about addiction, treatment, and recovery.

Our multi-family groups rotate through the following five focus areas:

- Week One – Communication
- Week Two – Forgiveness and reconciliation
- Week Three – Family roles
- Week Four – Codependency
- Week Five – Aftercare

Individual Family Counseling

Individual family counseling is available on an as-needed basis as determined by the treatment team. This service can help patients and loved ones develop more effective communication skills, address issues that have undermined their ability to function as a cohesive and supportive unit, and rebuild healthier relationships with each other.

