

*"The bond that links your true family is not one of blood, but of respect and joy in each other's life."*

*— Richard Bach*



**Learn More Today**

**(800) 757-7131**

## **Premier Service & Personalized Support**

*Bayside Marin is a nationally recognized provider of personalized detox and residential care for individuals 18 and older, who have developed substance use disorders and complex co-occurring mental health concerns. With 42 beds across multiple high-end residences in the hills overlooking the scenic San Francisco Bay, we have been offering world-class care within a discreet, home-like environment since 2004. Bayside also has a comprehensive outpatient program for additional support as clients return to daily life.*



**BAYSIDEMARIN**

For a confidential consultation,  
please call (800) 757-7131

[www.baysidemarin.com](http://www.baysidemarin.com)

718 4th Street, San Rafael, CA 94901



## **FAMILY PROGRAM**



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## WHO WE SERVE

At Bayside Marin, we understand that the impact of addiction extends beyond the individual who has the disorder. When a person develops a substance use disorder, their loved ones may struggle with confusion, anger, fear, and other painful emotions. Our Family Program workshops are designed to support partners, families, and friends of clients who are receiving care with us.

## HOW WE HELP

The general goal of the Family Program is to build stronger support networks by sharing knowledge, expanding awareness, and eliminating isolation. With the guidance and support of experienced professionals, Family Program participants gain valuable insights about addiction and recovery, identify obstacles that have been preventing their families from functioning in a healthier manner, and begin to develop the skills that will empower them to better support each other in the months and years to come.

## PROGRAM STRUCTURE

Our Family Program is a two-day workshop that is typically held both via a HIPAA compliant online platform (Thurs & Fri) and in-person (Sat & Sun), with each day featuring multiple hours of programming and hands-on exercises. Some sessions involve family members only, while others incorporate the clients who are receiving care with us. Each day follows a structured schedule and addresses a series of predetermined topics, with ample time included to discuss concerns that are of particular significance for those who are participating in the workshop.

### Personalized Attention

We work diligently to ensure that taking part in our Family Program is a valuable and relevant experience for all attendees. Prior to the start of a new workshop, our Family Program manager reaches out to all scheduled participants to get a sense of their unique concerns and hopes so that we can provide the most appropriate programming.

## FEATURES & BENEFITS

The specific benefits of our Family Program will vary depending on the unique needs and circumstances of each participant. In general, our workshops are designed to help attendees accomplish the following:

- Learn about the disease of addiction
- Gain insights into the treatment process
- Address areas of concern within the family
- Interrupt cycles of loss, turmoil, & illness
- Develop more effective communication skills
- Rebuild trust among family members
- Remove obstacles to closeness
- Promote healthy interdependence
- Set & maintain appropriate boundaries
- Embrace a sense of hope & harmony
- Understand that you are not alone
- Explore family recovery through Al-Anon
- Share support with other families