



Ria Family Programming

“We support families not because they are part of the problem, but because they deserve to be part of the healing.”

Ria Family Education Includes

Ria Family Education consists of:

Educational Group Seminars

Facilitated by trained Ria Coaches, these live virtual seminars provide structured learning and discussion on core topics related to AUD and family dynamics.

Self-Paced Education

Participants have access to:

- **The Ria Family Guidebook and Workbook**, which outline tools, frameworks, and exercises to deepen understanding
- **Guidance on local and online resources** to support family recovery (e.g., Al-Anon, family therapy, community support groups)

The family program is available to any loved one age 18+ of an enrolled Ria member. Have your loved one ask their Ria Coach how to connect you!

Seminar Titles and Descriptions

| Topic | Overview |
|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Overview - What To Expect | Provides participants with an overview of Ria Family Program and materials, as well as an overview of the Ria Program their loved one is engaged in. |
| Boundaries | Boundaries are a necessary tool for anyone seeking recovery from AUD. They are also critical for families as they try to provide effective support while also prioritizing their own self-care and well-being. This educational group explores what boundaries are and are not, how to identify where a boundary may be beneficial, and how to navigate the challenges that come along with upholding the limits you set. |
| Effective Communication | Communication in families is profoundly impacted by alcohol use disorder. You may feel as though you don't know how to express your needs or to listen to your loved one without being reactive. These common breakdowns are normal and can be repaired over time. This educational group explores the topics of active listening, I statements, and the power of pausing before responding. These tools will help rebuild trust and support your loved one in their path to recovery. |
| AUD and Family Dynamics | The impact of alcohol use disorder on family and friends is deep and often painful. Often, the entire family system shifts as their loved one's drinking progresses. You may have assumed an adaptive role in order to cope, and that role may no longer be serving you well. Families have their own recovery process, and as dynamics shift and healing occurs, you will find new ways of being. This group explores the way AUD affects families with compassion and non-judgment. |
| Multiple Pathways to Recovery | Once upon a time, there was one way of understanding and approaching recovery from alcohol use disorder. Treatment meant a 28 day stay in a facility, and recovery could only mean abstinence. As our understanding of AUD has progressed and deepened, new treatment, modalities, and pathways to recovery have emerged. Come in curious to this exploration of the different ways people identify and approach what recovery means to them, and the pathways they take to get there. |

Providing Effective
Support

You want to support your loved one in their recovery process, but sometimes it's hard to even know what that means. What is the difference between helping and enabling? What role do boundaries play? How do I support a recovery goal that I don't fully agree with? This educational group will help you better understand what is effective in supporting your loved one, and what is not.

Setback Prevention &
Response

We all want recovery to be linear, but often that is not the case. That can be extremely frustrating and frightening for families. The reality is, setbacks are frequently a part of the recovery process, and do not always need to be treated as emergencies. This educational group will delve into the Stages of Change, and will help you take better care of yourself if and when the setback occurs, using outside support, clear and compassionate communication, and intentional self-care.