

# Family-Centered Prevention

\*HEALTH \*HOME \*PURPOSE



A family's love is forever, however, these eternal bonds can sometimes become strained when there is constant worry for a loved one's wellbeing. A loved one's poor mental health, suicidality, self-injury, or substance abuse struggle can create a sense of hopelessness and helplessness among family members. We are here to help support and empower family members to develop a plan for their own wellbeing and to most effectively help their loved one move towards improved health and wellbeing.

Through our Family-Centered Prevention program, we seek to provide a meaningful group experience for those families who have persistent concerns about a loved one. We will provide four unique ninety minute group meetings where families can receive support and education to best help their loved one. Group topics will include:

1. Helping vs. Enabling
2. The Stages of Change and Treatment Options
3. Self-care and Wellbeing
4. Strengthening the Family System



## Family-Centered Prevention Group

1. Thursday February 21, 2019 5:00 pm - 6:30 pm
2. Thursday February 28, 2019 5:00 pm - 6:30 pm
3. Thursday March 7, 2019 5:00 pm - 6:30 pm
4. Thursday March 14, 2019 5:00 pm - 6:30 pm

**There is no charge for this support group;  
Please contact Kerri at 630-553-8031 to register**

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