

The Family Support Center

Helping Families Navigate and Heal a Loved One's Addiction

Do you love someone with addiction?

The Family Support Center is designed for families who love someone that struggles with addiction by providing families with personalized support. Unlike traditional models for family support that promote disengagement (loving detachment) or confrontation (tough love), the FSC helps family members stay actively engaged with their loved one, in a non-confrontational way, to help them move towards recovery.

Have you experienced...?

- Feeling hopeless or helpless
- Your entire family being affected by your loved one's addiction
- Stress-related physical symptoms (headaches, stomach issues, etc.)
- Strain in your relationship with your loved one
- Difficulty finding treatment for your loved one
- Being unable to motivate your loved to get help
- Wanting to help but not sure how to
- Anger, resentment, and/or guilt

Specialized Services

- Individualized ongoing support and coaching
- Psycho-education on the CRAFT model
- CRAFT-based Family Support Groups
- Case Management
- Referrals to resources
- Workshops
- Support and education for any family member impacted by loved one's addiction

You are not alone; we are here for you.

The Family Support Center services are tailored to fit the individual needs of the families we serve. Our dedicated team of experts are specially trained and certified in the CRAFT model. The program empowers families by helping them understand the valuable role they play in their loved one's recovery through education and coaching.

**For more information or to make a referral,
please call Ratna Joshi-Nelson, M.S DCAR, CJ, HEd
at 201-669-7309 or email RatnaJN@CarePlusNJ.org.**

Hours are flexible based on individual needs. This is a grant-funded program, there is no cost for services and insurance is not required for participation.



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