



## FAMILY PROGRAM SCHEDULE

Unless otherwise noted, activities take place in the Swickard Building

Breaks are provided hourly.

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### FRIDAY

7:45 – 8:15am Male Clients' Breakfast – Main Lodge Dining Room  
8:15 – 8:45am Female Clients' Breakfast – Main Lodge Dining Room  
**8:30 - 9am Check in & Assignments**  
**9 - 11:50am Orientation & Introductions**  
12 – 12:30pm Female Clients' Lunch – Main Lodge Dining Room  
12:30 – 1pm Male Clients' Lunch – Main Lodge Dining Room  
**1:20 - 4pm Disease of Chemical Dependency / Co-Dependency**  
5:30 – 6pm Female Clients' Dinner – Main Lodge Dining Room  
6pm – 6:30pm Male Clients' Dinner – Main Lodge Dining Room

**Evening activities take place in either Swickard (female clients) or the Main Lodge (male clients). Please check with your client for times and locations.**

**Family hours are over at 9:30pm.**

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### SATURDAY

7:45 – 8:15am Male Clients' Breakfast – Main Lodge Dining Room  
8:15 – 8:45am Female Clients' Breakfast – Main Lodge Dining Room  
**9- 11:50am Al-Anon First Step for Families / Wellness Plan Intervention Tool & Boundaries**  
12 – 12:30pm Female Clients' Lunch – Main Lodge Dining Room  
12:30 – 1pm Male Clients' Lunch – Main Lodge Dining Room  
**1:20 - 4:30pm Communication Exercise (family & clients)**  
Main Lodge Bob Dean Room, or Family Program Room  
**Friends and family 12 years and older can visit from 5 – 9:30 pm.**  
5:30pm All Clients' Dinner – Main Lodge Dining Room  
**7 - 8pm Al-Anon Meeting** – Main Lodge Bob Dean Room  
**8:15 - 9:30pm Client Recognition Ceremony & Visiting**  
Main Lodge Dining Room

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### SUNDAY

7:45 – 8:15am Male Clients' Breakfast – in the Main Lodge Dining Room  
8:15 – 8:45am Female Clients' Breakfast – in the Main Lodge Dining Room  
**9 - 11am Post-treatment plans & Boundaries (family & clients) Family Recognition**  
12 – 12:30pm Female Clients' Lunch – in the Main Lodge Dining Room  
12:30 – 1pm Male Clients' Lunch – in the Main Lodge Dining Room  
**Children under 12 can visit accompanied by one adult from 1 - 3 pm.**



**Welcome!**

## The Harmony Family Educational Experience

We are aware of how important family members and/or concerned others' involvement is in recovery; and we applaud your commitment to growth! Harmony's Family Program has long held the reputation of being one of the most powerful and important components of a client's treatment experience.

Chemical dependency is a disease. It affects not only the addicted person, but also all members of the family system and many people close to the situation. Chemical dependency affects many areas of our lives: physical, mental, emotional, spiritual and socio-economical.

**Know That There Is Hope.** Chemical dependency (involving alcohol & other drugs) is a treatable disease. We have all witnessed the effects of this disease and can begin to choose to minimize these effects on ourselves and our loved ones. Making this choice puts us in a position of responsibility for our actions.

Through information shared with you during this weekend, direction from the staff, and most importantly, interaction as a group, you will be familiarized with alternative behaviors and lifestyle changes for people affected by caring about someone with this disease.

Please understand that you are here to evaluate, and hopefully improve, your own life style. As evidenced by past efforts, you have little, if any, control over the chemically dependent person. So take this time for yourself, get involved and offer your experiences. Remember, like any learning experience, you will get out of it what you put into it.

[www.harmonyfoundationinc.com/family\\_program](http://www.harmonyfoundationinc.com/family_program)

Attendance at the Family Program is by invitation only. Clients, with their counselors, choose one or two people to invite. The 2 ½ day program is scheduled the last or next to last weekend of the client's treatment. Persons 12 years old and older may attend; 14 and under must be accompanied by an adult. If you cannot attend at this time, it is open to you, with reservations, on any weekend, for the following year.

Family program is held at the Swickard building. Please check in between 8:30 and 9:00 on Friday morning. If you would like to have breakfast, please check in at the front office no later than 7:45am. Attendance is required on Friday to attend Saturday and Sunday. The program ends by 11:00am on Sunday.

The Harmony Family Program includes:

- Information and group discussion about chemical dependency and codependency
  - Communication skills and other recovery tools
  - Interactive sessions with the client
  - Introduction to Al-Anon and Skills
- Some Al-Anon skills include a) detachment with love b) loving confrontation when needed and c) how to be supportive and less enabling

During the Family Program, family members and/or concerned others will receive information about the disease of chemical dependency (i.e. It is not the fault of the family, and the chemically dependent individual must be responsible for his/her own recovery.)

Please know that you have common ground with all participants in the Family Program. We hope that you will see how you have been affected by caring about and/or living with someone with this disease. You have choices regarding your attitudes and behaviors, and efforts to control a chemically dependent person are generally not realistic. Participants can begin to feel better through sharing experiences and feelings, practicing new behaviors, and group support. We hope you will take this time for yourself, get involved, and offer your own experiences. After completion, you will be encouraged to continue with your own support system in appropriate Twelve Step groups and Harmony Family Aftercare.

**Lodging & Meals:** Meals are provided free of charge for Family Program participants, beginning with breakfast Friday morning at 7:45am through breakfast Sunday at 8:45am. You are responsible for your lodging.

A valuable resource when looking for lodging is The Estes Park Visitor's and Information Center, [www.estesparkcvb.com](http://www.estesparkcvb.com), (970) 577-9900 or (800) 443-7837. There are many motels in Estes Park and it is best to book your reservations as early as possible. You may also commute if you prefer.

When you call to confirm your attendance, we will ask for your vehicle information. When you arrive, please park in the Main Lodge parking lot and check in at the Front Office in the Main Lodge.

Internet access on campus is available by request.

*Harmony's Mission is To Provide  
The Foundation For Sustained  
Recovery From The Disease of  
Alcohol and Drug Addiction*

### Harmony Family Program Guidelines:

- Counseling technicians must check **all** items brought into Harmony for clients before they may be given to the client.
- No pets are permitted on the grounds at any time.
- No food, drinks, alcohol, or drugs are permitted. If you have prescription or over the counter drugs with you, please keep them at your hotel or locked in your vehicle, and **do not share them with anyone.**
- Photos are not permitted, neither are cameras. Please refrain from using your cell phone and/or camera to take photos while visiting.
- There are several areas in the Main Lodge and Swickard Building to gather for visiting. Cabins are off limits to anyone other than roommates. **Family members are not allowed in clients' cabins for any reason.**
- Sexual involvement with persons in treatment is prohibited.
- Please keep your attire in the non-revealing category.
- Guests must leave the grounds 9:30pm.
- Visitation for children under age 12 is on Sundays only.
- Family and friends are not to answer or use the client phones. Phone calls need to be completed by 9:30pm. If you have a cell phone you may use it in, or near, the Swickard Building during free time. We ask that you silence or turn it off during the program, and do not let any client use it.
- Tobacco products may be used **only** in designated areas; 2 gazebos located by the Main Lodge and the Swickard buildings which are gender specific. Guests are to smoke in the gazebo assigned to the client; i.e. guests of female clients should go to the Swickard gazebo and guests of male clients should go to the Main Lodge gazebo. There is no smoking or chewing tobacco in (or in front of) any of the buildings on the Harmony campus.

**If you live with the client, please think about having an alcohol/drug-free home by the time he or she gets back.**

It is not only important for family members to become involved in their own recovery, it is beneficial for you and your chemically dependent loved one simultaneously.

We hope you will be able to attend the Family Program, and please do investigate Al-Anon, Codependents Anonymous, Nar-Anon, or Celebrate Recovery (Christian based support group).

If you are unable to attend the Weekend Family Program, or have other family member not invited to attend, we offer a free Third Thursday Workshop every month (9am – 4pm, lunch included). Call family counselors for more information.

### What is Al-Anon?

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

*Suggested Al-Anon Preamble to the Twelve Steps*

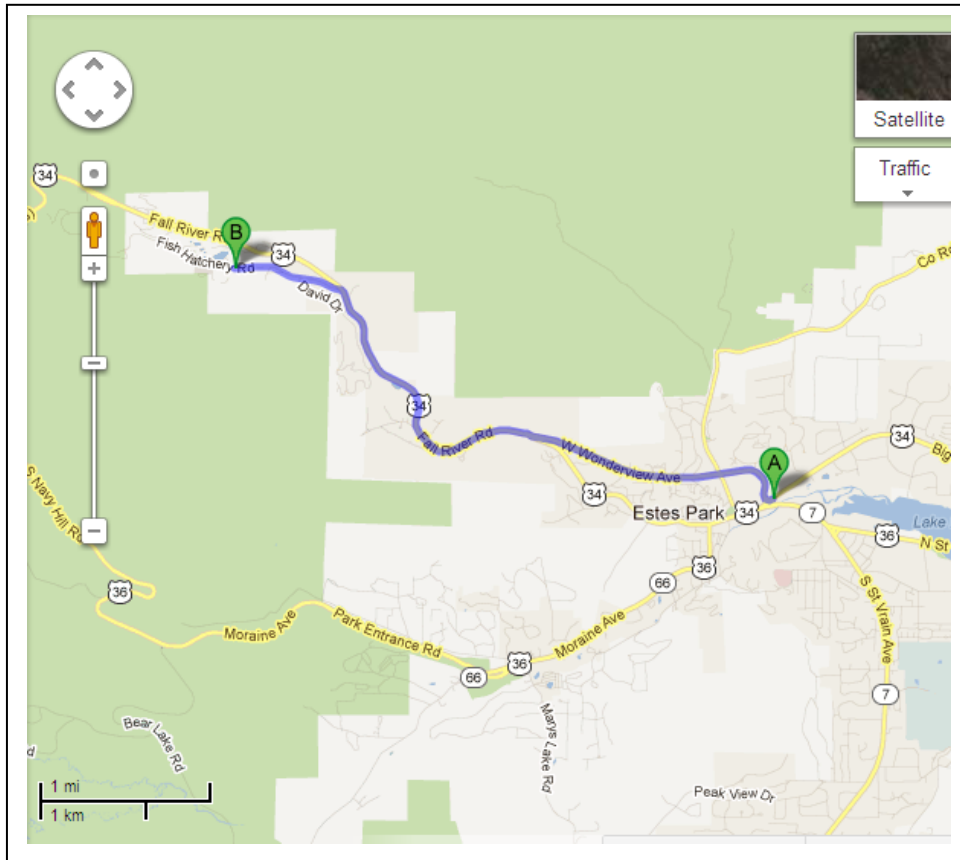
(888) 425-2666 Al-Anon  
[www.al-anon-co.org](http://www.al-anon-co.org) [www.coda.org](http://www.coda.org)



## Directions to Harmony:

From the stoplight at the intersection of Highways 34 and 36:

- Travel west on US-34/Wonderview Ave which will turn into Fall River Rd
- Safeway and The Stanley Hotel will be on your right.
- Turn left 3.4 miles past the intersection. A brown Museum sign and green Cemetery sign will be on your right. After you turn, the United Methodist Church will be on your right.
- Travel .7 mile.
- Turn left into the main entrance for Harmony.
- Pull forward into the main lodge parking area. The Main Lodge is the large building directly ahead, with the Swickard building to your left.



**Family Program Location:** Family program is held at the Swickard building. Please, park in the main parking lot and check in at the Front Office in the Main Lodge between 8:30 and 9:00 on Friday morning, then follow the signs along the fenced walkway to the Family Program door. Handicapped parking is available close to both the Main Lodge and Swickard buildings if needed.