**FAMILY AND FRIEND PROGRAM SCHEDULE**

**Unless otherwise noted, activities take place in the Barnes Building located on the northwest side of the campus. *Breaks are provided hourly. All meals are in the Pavilion Dining Room.***

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**FRIDAY**

**7:30 am - 9:00 am Check in at Madigan Building.**

**7:45 am – 8:45 am Breakfast**

**9:00 am – 12:00 pm Orientation & Introductions/Family Disease, roles, Co-Dependency**

**12:15 pm – 1:15 pm Lunch**

**1:30 pm - 4:00 pm Substance Use Disorder /Post-Acute Withdrawal/Communication exercise assignment**

**5:30 pm – 6:30 pm Dinner**

**Evening activities take place in either Swickard or the Main Lodge.**

***Please check with your client for times and locations. Family hours are over at 9:30pm.***

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**SATURDAY**

**7:45 am – 8:45 am Breakfast**

**9:00 am – 12:00 pm Al-Anon/ Resources/Tools, Harmony Aftercare**

**Wellness Plan & Boundaries assignment**

**12:15 pm – 1:15 pm Lunch**

**1:30 pm - 4:00 pm Communication Exercise (Family and Clients)**

**5:30 pm – 6:30 pm Dinner**

**6:30 pm - 7:30 pm Al-Anon Meeting in the Main Lodge Bob Dean Room**

**7:45 pm - 9:30 pm Client Recognition Ceremony - in *the Pavilion Dining Room***

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

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**SUNDAY**

**7:45 am – 8:45 am Breakfast**

**9:00 am - 11:00 am Post-treatment plans & Boundaries (Family & clients)**

**12:15 pm – 1:15 pm Lunch**

***Visiting hours from 1:30- 4:00 pm***

**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.***

Addiction to alcohol or other drugs (also called Substance Use Disorder or SUD) involves a physiological disease pathway. It affects not only the person with SUD, but also all members of the family system and many people close to the situation. Substance use disorder affects many areas of our lives: physical, mental, emotional, socioeconomic, and spiritual.

***Know That There Is Hope.*** Substance use disorder is a treatable disease. We have all witnessed the effects of this disorder 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 disorder.

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 person with SUD. 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.

**Attendance at the Family Program is by invitation only**

**The first (1) attendee is invited to participate at no added charge. The fee for each additional participant is $200.00**

Clients, with their counselors, choose whom to invite to the Family Program. The 2 ½ day program is typically scheduled twice monthly, you will be notified by the family counselor for participation. Persons 13 years old and older may attend. If you cannot attend at this time, it is open to you on any weekend, for the following year

Please check in first at the Howie Madigan Admissions Building between 7:30 and 9:00 on Friday morning. You may arrive early to have breakfast with you loved one at 7:45 am. The family program is held at the Barnes Building. Webegin at 9am*.* Attendance is required on Friday to attend Saturday and Sunday. The program ends 11:00am on Sunday.

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

A valuable resource when looking for lodging is The Estes Park Visitor’s and Information Center (970) 577-9900 or (800) 443-7837 or by going online to www.VisitEstesPark.com. There are many motels/hotels in Estes Park and it is best to book your reservations as early as possible. You may also commute if you prefer.

When you check in on Friday morning, we will ask for your vehicle information. When you arrive, please park in the Main Lodge parking lot and check in at the Reception area in the Howie Madigan Admissions Building. Internet access on campus is available by request.

**Directions:**

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 (Fish hatchery Rd) 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 large main lodge parking area. The Howie Madigan Admissions Building is on your right as you pull in. The Main Lodge is the large building directly ahead, with the Swickard building to your left.

**Harmony Family Program Guidelines:**

* Counseling technicians must check **all** items brought into Harmony for clients before they may be given to the client.
* Only service animals allowed
* No outside food, drinks, alcohol, or drugs are permitted. If you have prescription or over the counter medication 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.
* Guests must leave the grounds 9:30pm.
* Family and friends are not to answer or use the client phones. If you have a cell phone you may use it in, or near, the Barns Building. 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. There is no smoking or chewing tobacco in any of the buildings on the Harmony campus. No vaping allowed.
* Please ensure your attire is nonrevealing. Guests dress code is the same for clients and staff. Please wear footwear at all times.
* Confidentially, what you see here and say here let it say here. All of what is said in family program is to remain within the walls of the room. Please do not share the words of others with others, including clients.