Family Resources

**Serenity Prayer**

**“God, grant me the Serenity to accept the things I can not change, the Courage to change the things I can, and the Wisdom to know the difference”**

**Movie:**

Pleasure Unwoven: An Explanation Of The Brain Disease

**Books:**

Co-Dependent No More, Melody Beattie

Courage To Change, Al-Anon Family Groups

Paths to Recovery, Al-Anon Family Groups

Growing Yourself Back Up, John Lee

In the Realm of Hungry Ghosts, Gabor Mate

Unbroken Brain, Maia Szalavitz

Attached, Amir Levine and Rachel Heller (excellent book for any family member in general and extra excellent for those in relationship with someone who struggles with addiction)

The Body Keeps the Score, Bessel van der Kolk (Learn about how trauma is stored in the body amidst what they are experiencing)

The Gifts of Imperfection and Daring Greatly, Brene Brown (Begin to learn about how families interact in relationship and both books discuss how shame impacts the self)

Boundaries, Dr. Henry Cloud & Dr. John Townsend

Drowning in Addiction: Sink or Swim, Michael Arnold

Chronic Hope: parenting The Addicted Child, Kevin Petersen

**Groups:**

Al-Anon, <www.al-anon.org>

ACOA – Adult Children of Alcoholics, <www.Adultchildren.org>

Families Anonymous, <www.familiesanonymous.org>

CODA – Codependents Anonymous, [https://coda.org](https://coda.org/)

**Children’s Programs:**

Betty Ford Children’s Program: <www.hazeldenbettyford.org>

The Three C’s to Recovery:

**You didn’t cause it. You can’t cure it. You can’t control it.**