

You're Invited to Hotel California by the Sea's Family Program

Family Program

We are honored with the opportunity to help you and your loved ones step into recovery. Your involvement in this process is a key component to long-term recovery within the family.

Your presence deeply matters!

Chemical dependency is a disease which affects not only the addicted person, but also the family members and significant others. As the disease progresses, the attitude and behavior of the chemically dependent person changes. Family members discover their behaviors change as well.

Our staff will assist you to discover and explore your own behaviors and attitudes and the feelings that give rise to them. You are very important in the recovery of the disease.

We hope your experience with our family program will be meaningful and beneficial. We believe the following goals will help you:

Understand Chemical Dependency: Learn to recognize the symptoms of the disease as blameless, progressive, chronic, and if not treated, fatal.

Acceptance: Accept chemical dependency as a family illness with a growing personal awareness of enabling behaviors and attitudes.

Express Yourself: Help your loved one understand the impact their addiction has had on you and the family unit. Please take some time to complete the enclosed impact letter and bring it with you on Friday.

Commit to a Continuing Recovery Program: Involve yourself with other people who have chemically dependent family members and continue with professional help and participation in a Twelve Step program such as Al-Anon, Al-Ateen, Adult Children of Alcoholics and Co-Dependents Anonymous.

We sincerely hope to see you on the last Friday of every month. Dates are subject to vary so please verify that this is the correct date with your loved one's case manager. The address is: **1601 114th Avenue SE, Suite 180, Bellevue, WA 98004. Please RSVP via email or phone. All family members and friends are welcome.** Feel free to contact me with any questions or concerns.

Thank you,

Jenny Jensen, M.A., LMHCA, CDPT
Clinical Therapist
jjensen@hotelcaliforniabythesea.com
(425) 467-7033 Ext. 108