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Free, Monthly Family Support Groups for Families With Addicted Members Now at Mountainside Wilton

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Categories : [Healthy Living](#), [Parents & Kids](#)

Tagged as : [Addiction Treatment 2019](#), [Family Support Groups 2019](#), [Mountainside Treatment Center 2019](#), [Mountainside Treatment Centers 2019](#), [Mountainside Wilton](#), [Substance Abuse Treatment 2019](#)

Date : May 1, 2019

[Mountainside Wilton](#) now offers Family Support Groups to those who have been impacted by a loved one's addiction. These free monthly sessions are designed to provide family members with the recovery and support services they need to heal in tandem with their addicted loved ones.

— *an announcement from* [Mountainside Wilton](#)

Family Support Groups at [Mountainside](#) are open to parents, spouses, children, friends, and others whose loved ones have struggled with drug or alcohol misuse. Group members are encouraged to share their stories, setbacks, and successes with those who have encountered similar challenges.

“When a loved one suffers from addiction, families usually want to provide for them in any way they can – sometimes, at the expense of their own well-being,” says [Carolee Paruta](#), Regional Director of Outpatient Services at Mountainside. “By participating in a support group, families learn the importance of prioritizing their own needs and surrounding themselves with others who want to see them succeed.”

The group similarly gives participants the opportunity to speak with a Family Wellness Clinician, who can offer coping strategies as well as greater insight into the nature of addiction. In doing so, group members acquire the resources and knowledge to enhance their own parallel process of recovery.

Because addiction can strain familial relationships, loved ones must learn how to manage feelings of resentment, anger, sadness, and fear before healing can begin.

Family Support Groups are a vital source of reassurance and empowerment for those recovering from a loved one’s drug addiction or alcoholism. The group will meet every second Wednesday of the month from 6:30 to 8:00 PM.

To inquire about the group, call Mountainside Wilton at 800-762-5433.