



About the program

Our Family Services are more than just support—they are designed to increase awareness, strengthen bonds, empower change, and most importantly, heal. Our staff are trained in **Internal Family Systems (IFS) and Attachment Theory**. The IFS model helps you to increase communication, understand family members' fears and concerns, and gain insight on how to best support each other.

Program benefits

Studies show that healthy family involvement in a client's treatment dramatically increases positive outcomes. Engagement also improves healthy family systems through better understanding of addiction and boundary-setting. Creating a space that everyone can be understood, seen, and heard, presents an invitation for you and your family to feel at home and hopeful!

Program structure

Family Orientation: 1 hr, upon entry

Meet with our family clinician to orient you on services, your loved one's journey, and the important role you have in the healing process.

Family Coaching: 1 hr, 6 sessions

A six-session service with a family clinician to help you develop healthy boundaries within the home and coping skills to help the healing process.

Family Education Group: 1 hr, weekly

A six-week group that covers substance use and other behavioral health challenges, and their impact on families. These groups reinforce family roles in support and healing.

Family Therapy: 1 hr, weekly

You and your loved ones learn how to work together and adapt behaviors to promote a cohesive and supportive home environment.

Family Support Group: 1 hr, weekly

These groups are opportunities for you to connect with other families on similar journeys, removing feelings of isolation.

About Project Courage

Project Courage is a behavioral health center specializing in substance use prevention and recovery. We offer in-home recovery, intensive outpatient, family, and outpatient programs, and provide education and support to families, schools, and communities across Connecticut. Our vision is for everyone to be heard, feel safe, find courage, discover a purpose, and live an enriched life.