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For Immediate Release:

Tri County Community Action Announces Families in Recovery Series: Supporting Families Affected by Addiction

(Harrisburg, PA) – Tri County Community Action is proud to announce its upcoming “Families in Recovery” series, a crucial initiative designed to provide essential support and education to families grappling with addiction and embarking on the path to recovery.

Addiction presents unique challenges to individuals and their families, and the Families in Recovery program has been thoughtfully crafted to address these issues comprehensively. The program’s core objectives are to empower participants to:

- **Identify Strengths, Needs, and Resiliencies:** Help individuals and families recognize their inner strengths and areas of improvement.
- **Balance Parenting and Personal Recovery:** Explore the delicate equilibrium between being a healthy parent and maintaining one’s personal recovery.
- **Promote Effective Parenting and Communication:** Equip families with the skills necessary for effective parenting and improved communication within the family unit.
- **Develop Healthy Coping Skills:** Encourage the development of healthy coping mechanisms and self-care practices.
- **Confront Feelings of Guilt, Shame, and Stigma:** Provide a safe space to address and overcome feelings of guilt, shame, and the stigma associated with addiction.
- **Create a Personalized Family Blueprint:** Collaboratively create a customized family blueprint for overall wellness and recovery.

The Families in Recovery program is open and free of charge to eligible family members residing in Cumberland, Dauphin, and Perry counties. Eligible participants encompass parents/caregivers actively engaged in the recovery process, adult family members currently navigating addiction recovery, and adult family members supporting loved ones on their journey through addiction.

The program spans eight sessions, scheduled every Tuesday from October 3rd to November 21st. To make participation more accessible for parents, childcare assistance will be provided, with parents receiving \$20 in cash following each attended session.

Due to limited availability, interested individuals are encouraged to promptly secure their spot in the upcoming Families in Recovery series by registering on Tri County Community Action’s website at www.cactricounty.org/recovery.

Tri County Community Action is dedicated to strengthening families and communities, and the Families in Recovery series is an integral step towards fostering hope, resilience, and well-being in families affected by addiction.

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About Tri County Community Action (TCCA)

TCCA has been helping people and changing lives in Cumberland, Dauphin, and Perry Counties for over 50 years. As a community-based organization addressing social determinants of health in order to eradicate poverty, our connection of individual, family, and community builds wellbeing by intentionally and simultaneously working with children and the adults in their lives, together while engaging them in the community in which they live. As children, parents, and families grow and change across their lifespan, we align opportunities to help them pursue their goals and thrive, optimizing each person’s potential. TCCA has offices throughout Cumberland, Dauphin, and Perry counties to serve you better.