



## Family Support Resources

### [C.R.A.F.T. Helping Families Help](#)

### [C.R.A.F.T. Colorado](#)

### [Betty Ford Children's Program](#)

### [Recovery Dharma Family](#)

Recovery Dharma Family and Friends Sangha is a holistic, peer-led, community that holds online meetings which offer education, resources, and support for people whose lives are affected by substance use and process addictions. We cultivate relationships within a recovery community, to both support our own recovery and support the recovery of others.

### [Celebrate Recovery](#)

Celebrate Recovery is a biblically based approach to help us achieve long lasting recovery by healing our hurts, guiding us toward new healthy truths, and developing life-giving habits.

### [Al-Anon & Nar-Anon](#)

Al-Anon and Nar-Anon are two of the most prominent support groups for families of addicts. Al-Anon is for families of alcoholics. On the other hand, Nar-Anon is for families dealing with drug addicts. Both groups are structured based on the 12-step program.

### [SMART Recovery Family & Friends](#)

This is another support group for families of those dealing with addiction. The group is founded on the principles of SMART Recovery, a science-based program focused on addiction recovery.

### [Families Anonymous](#)

Families Anonymous is based on the 12-step program. The group provides support to family members and encourages them to practice self-care.

### [PAL \(Parents of Addicted Loved Ones\)](#)

PAL is a faith-based support group mainly for parents of addicts. The group supports, educates, and advises parents with a loved one struggling with addiction.



### **[GRASP \(Grief Recovery After a Substance Passing\)](#)**

GRASP is unlike the rest mentioned here. It's a delicate support group for families who lost a member or a relative to addiction. GRASP offers a safe place for families to express their grief and shows them support and empathy.

### **[Adult Children of Alcoholics/Dysfunctional Families \(ACA/ACDF\)](#)**

ACA/ACDF is for adult children of alcoholic or dysfunctional families. It supports those who grew up in dysfunctional homes or homes affected by addiction.

### **[Co-Anon](#)**

Co-Anon is specific in its functions. It caters to families and friends of individuals with cocaine addiction. This group is also founded on the 12-step program.

### **[Dual Recovery Anonymous \(DRA\)](#)**

This support group is more elaborate in its functions. It supports families of individuals dealing with both addiction and mental health issues.