

## SUPPORTING LOVED ONES IN RECOVERY DURING THE HOLIDAYS.

The holidays can be a challenging time for individuals in recovery and their loved ones, but with thoughtfulness and care, it can also be an opportunity to strengthen connections and create new, meaningful traditions. Here are some ideas to help you support your loved ones in recovery this season.

### Foster supportive environments.

Creating an atmosphere of understanding and comfort is essential for helping loved ones navigate recovery during the holidays. These practices can help ensure that everyone feels safe and cared for during this special time.

- **Maintain open communication:** Discuss holiday expectations and boundaries. Honest conversations help ensure that everyone feels respected and comfortable.
- **Set boundaries:** Explore your values, examine the types of things that you may have allowed but can no longer tolerate, create healthy, effective boundaries, and continue on your own recovery journey to health and peace.
- **Encourage self-care:** Remind everyone to take time for themselves, whether through quiet moments, favorite hobbies, or maybe a relaxing bath.

### Create inclusive traditions.

The holidays are an opportunity to embrace activities that bring everyone together. Here are some ideas for inclusive, recovery-friendly traditions that can create lasting memories.

- **Host sober gatherings:** Plan alcohol-free celebrations with creative themes, games, and festive non-alcoholic drinks.
- **Volunteer together:** Strengthen bonds by giving back to the community by volunteering at a local shelter, soup kitchen, or hospital.
- **Enjoy game nights:** Bring the family together with fun board games, card games, or perhaps a little karaoke.
- **Try cooking competitions:** Add a playful twist to meal prep with a healthy cooking challenge.
- **Engage in family fitness activities:** Incorporate wellness with a festive fun run or yoga session.

### Reflect and celebrate progress.

Recovery is a journey that deserves recognition and celebration, not just during the holidays but throughout the year. These ideas can help you honor growth and progress in meaningful ways.

- **Initiate gratitude practices:** Start a family gratitude circle or encourage journaling to focus on the positives.
- **Share stories of growth:** Reflect on personal progress and recovery milestones together to inspire and uplift.
- **Celebrate milestones:** Acknowledge your loved one's recovery achievements with heartfelt recognition, whether it's a kind note or a celebratory outing.

By focusing on shared growth and creating supportive, inclusive traditions, you can help make this a time of joy and connection for everyone in the family. Remember, the goal is to celebrate the journey as well as the progress that's been made.

Wishing you all a wonderful holiday season and a happy, healthy, and prosperous new year!



**McCall's Family Recovery Coach Program is grant funded and provided at no-cost to all participants.**

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## Resources

### McCall Behavioral Health Network

860.496.2100  
mccallbhn.org

### McCall's Recovering Together Group

Meets every Wednesday,  
5:30PM via Zoom.  
For more info, email:  
leann.mitchell@mccallbhn.org

### NAMI CT, Waterbury

Paul Brainerd  
860.882.8674 or 860.310.4055  
pbrainerd@namict.org

### Sound Community Services

New London  
Amy Faenza  
860.439.6443  
amy.faenza@soundct.org

### Clifford Beers Clinic

New Haven  
Christine Montgomery  
203.915.4074  
cmontgomery@cliffordbeers.org

### Community Renewal Team

Hartford and Middletown  
Casie DeRosier  
860.549.3350  
derosier@crtct.org

### TriCircle, Hope and Support Groups

Hope After Loss Groups  
Ana Gopoian  
860.349.7074  
ana@tricycle.or