PATH TO RECOVERY
FOUNDATION

Guiding Individuals. Strengthening Families. Building Hope.

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Path To Recovery Foundation began in **2014** with one simple but powerful purpose: to support families who love someone struggling with substance use. What started as family support has grown into a full-circle foundation serving both families and individuals who are actively struggling or working toward recovery.

PATH is a 501(c)(3) organization, and for more than 11 years we have dedicated ourselves to walking alongside people through every stage of this journey. Recovery affects the entire family, and both individuals and the people who love them deserve support.

Our Services Include:

Weekly Family Support Groups

A soft landing for families navigating the chaos, confusion, and heartbreak of addiction. We offer education, connection, and a judgment-free place to breathe. In 2026, the "Balancing Act" was incorporated into weekly Support Meetings.

Wednesdays | 6:30 – 8:00 PM (CDT) via Zoom

SMART Recovery Meetings

(Self-Management and Recovery Training)

A supportive, educational, and empowering approach to overcoming substance use and other addictive behaviors. SMART Recovery uses evidence-informed tools and practical strategies to help individuals take control of their behaviors, develop healthier coping skills, and build a more balanced life.

Thursdays | 6:30 – 7:30 PM
Linden Oaks in Naperville

Recovery Coaching for Individuals

One-on-one support focused on building recovery capital, strengthening coping skills, and empowering individuals to take steps toward healing.

Recovery Coaching for Families

Guidance for loved ones on boundaries, communication, and emotional support—helping families find balance without losing themselves.

Harm Reduction Supplies/Resources

We have Narcan and training available.
Also resources on our website for treatment centers.

Judicial System Support

We work with inmates at the Kane County Jail and individuals involved in DuPage County Probation Drug Court, Veterans Court, Mental Health Court, and Redeploy Court. Our role is to offer compassionate, nonjudgmental support, helping individuals strengthen their recovery or guiding them toward a place when they are ready to seek it. We help them build tools, coping skills, and a belief that change is possible.

At Path, our mission is simple: *to be a safe place in a difficult journey. We meet people where they are, without judgment, and walk with them through the hardest moments. For families and individuals alike, we strive to offer hope, support, and a Path Forward.*

There is no single path to recovery. There are different tools, different approaches, and different journeys. What matters is finding the support that helps you move forward.

