Path To Recovery Foundation

HEAL • SUPPORT • RECOVER • TOGETHER



In difficult or challenging times, it's easy to forget that kindness and compassion begin with you, and that you deserve care too.

Path To Recovery Foundation is here to walk alongside individuals and families on the journey to healing, growth, and lasting recovery.

RECOVERY COACHING SERVICES

Compassionate support. Practical tools. Real change.

Our Recovery Coaching Programs provide personalized, strength-based support designed to help individuals and families navigate the challenges of substance use and build a healthier, more balanced life.

Learn more about our programs and support services at
pathtorecoveryfoundation.org

630-962-9652

FAMILY RECOVERY COACHING

We support families and loved onse affected by a substance use disorder. Through a 16-week, peer-to-peer coaching program, you'll gain tools, support, and education to help heal, set healthy boundaries, and prioritize yovn own well-bəing while supporting your loved one's recovery.

- Understand addiction and recovery
- fmpoeve communtcation
- Set and maintain healthy boundaries
- Manage stress and emotions
- Build resilience and self-care habits
- Connect with others who understand

INDIVIDUAL RECOVERY COACHING

Our 16-week Recovery Coaching program is designed for individuals seeking recovery or maintaining long-term recovery through a 16-week, peer-to-peer coaching program. Together, we'll set goals, build coping strategies, strengthen resilience, and craate a plan for a healthier, more fuiftlling life.

- Personalized goal setting
- Coping sklils and relapse prevention
- Build confidence and self-esteem
- Accountability and encouragement
- Tools for long-term success

WHAT YOU CAN EXPECT

- Confidential and judgment-fese support
- Practical tools you can use every day
- Encouragement every step of the way
- A safe space to heal, learn, and grow

You don't have to face thls alone.
We're here to help.

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