



Family Program Invitation

***Please join our family systems workshop offered twice monthly
Friday – Saturday format. See last pages for agenda and dates.
Workshop is held in downtown San Rafael, California***

The Bayside Clinical team is extending an invitation to you to join our upcoming family systems workshop. The workshop brings together several families and gently guides members toward new ways of thinking about themselves in the family, to open understanding and communication, and to healthier ways of relating and interacting. The goal is to interrupt family cycles of loss, turmoil and illness, while increasing the likelihood of a better outcome for the client in treatment. Our intention is for family members to leave the workshop in a more curious and open stage focused on ways to shift away from impaired coping and toward health and harmony.

The program will be held at Bayside Marin Outpatient offices in downtown San Rafael. The address is 718 4th St., San Rafael, CA. We will meet from 10:00am – 3:30pm on both days. Please contact Mary Jo Ahlborn, MFT at maryjo.ahlborn@baysidemarin.com or 415-755-3759 with questions, concerns and the date you will attend. We have enclosed the calendar showing family programs for the year. Please be sure to familiarize yourself with the participant guidelines on page 3, complete the preparatory worksheet on page 4 and review the sample agenda on page 5.

Who Should Attend?

The workshop is designed for family members of clients who are receiving treatment at any level of care within the Bayside programs. Parents (married or divorced), spouses, siblings 12 or older, and grandparents are all strongly encouraged and welcomed. The workshop will be tailored to meet the needs of the specific group in attendance. Together we will create an intimate, safe and sacred work space. The first day and a half focuses on family members; and then we are joined by the client members on Saturday afternoon.

Common situations facing families who will benefit:

- Parents searching for more effective ways of parenting and being in contact with their troubled or stuck young adult child.
- Parents trapped or held hostage by the family condition associated with addiction, mental health issues or failure to launch in an adult child.
- Couples driven apart by addiction or compulsion in the other or in a loved one.
- Siblings who have felt invisible and lost in the background as another child in the family struggles with addiction, compulsion or long-term illness.

What Will We Do?

Family members frequently come to the workshop with mixed feelings, ranging from resentment, frustration, numbness, overburdened or anger usually matched with the keen desire for solutions and relief. Participants are encouraged to bring all of their emotional and practical experience for the groups take up, understand, and use. The work combines teaching/training methods, experiential work to highlight understanding, and small group processes. There is generally considerable humor and camaraderie which helps the group tackle its serious work.

In terms of goals, members will be supported to:

- Recognize that they are not alone. These conditions thrive in isolation. Meet and learn from other parents, siblings, spouses, and offspring.
- Examine the current "family deal" and its toxic effects as well as the forces that sustain it in its current form.
- Alter patterns of impaired coping and distorted dependency
- Shifts the family system towards hope for all members
- Learn to set limits in a way that feels personally acceptable and supports the necessary recovery efforts of all family members
- Remove obstacles to closeness
- Learn to rebuild trust and healthy inter-dependence

Visiting and Passes

Discuss with your client's clinical team the options for visiting with your loved one while you're in the area and the possibility of scheduling individual family sessions. Keep in mind the residential clients are responsible for arranging passes with the clinical team.

Participation Guidelines

The workshop offers the participants the opportunity to listen, understand, accept, forgive, and connect. We will establish a safe and trusting environment that supports open expression, learning, identification, honesty, and inclusion. Members will be supported to express themselves authentically and to hear the emotional truth as comes forth from others.

The following guidelines are offered to optimize the meaningfulness and effectiveness of the experience for everyone involved:

1. Please be on time for each day and return promptly from breaks and meals.
2. Expect to work outside your usual and customary emotional comfort zone. This may mean hearing terminology or trying an exercise or practice with which you are unfamiliar. You may also witness or experience emotions that you will find challenging. Please make use of the group to get support for your reactions and identify ways to manage and express yourself.
3. We need everyone fully present for the processes and in order to obtain the maximum benefit, we ask everyone to refrain from using alcohol and other mood altering substances for at least 48 hours before we begin and throughout the event. Please inform staff if you feel unable to meet this expectation.
4. Please accept the preference of any family member to decline, or request to return early, from any meals or gatherings you may arrange outside the structure of our work together. Recovery requires we each express our needs and support those of others.
5. Be kind to yourself and to one another. Much of the learning from this event occurs in the weeks and months following the workshop itself as experiences and impressions formed here coalesce in your mind, heart, in the collective unconscious of the family system.
6. **Take a few minutes to complete the worksheet on the next page.** Bring it with you to the initial session on Friday.

Assignment: How Have I?

On a separate sheet of paper please review the questions and write down the coping behaviors that you recognize or can relate to IN YOURSELF. This assignment is designed to increase your awareness of your behavior. You may share the information or not, depending on your comfort level.

- How have I protected a family member from the natural consequences of her behavior? Have I kept someone's or my own behavior secret from others?
- How have I made excuses for a member's or my own behavior, to family, friends, to job/boss, to school, etc.?
- How have I blamed others for my own or another member's behavior, friends, jobs/boss, family members, self, teachers?
- How have I seen the "problem" as the result of something else: stress, job, depression, family, etc.?
- How have I avoided a member or a condition in order to "keep the peace" or to hold onto the polarizing energy that somehow felt good to hang on to?
- How have I given money unearned and undeserved?
- How have I attempted to control a wounded family member: by planning their activities, choosing their friends, making threats but never following through?
- How have I done for a family member what she is capable of doing for herself?
- How have I medicated away my feelings and reactions to being a part of the system?
- How have I made threats I was unable to follow up on or hold to?

For these impaired coping behaviors that you've identify, ask yourself:

- a) What result did I hope to obtain using these coping behaviors?
- b) What result did I actually obtain using these coping behaviors?

On the next page please review the sample agenda in order to have a few for the workshop's structure, flow, and timing.

Bayside Family Workshop-I Agenda

Day 1 – Friday

- 10:00am - 12:30pm
Family members gather
 - Overview/Intentions
 - Psychometrics/Warm Ups
 - My Ride in the Family System
 - “The Lies that Bind”
- 12:30pm - 1:30pm
Lunch (provided)
- 1:30pm – 3:30pm
Family members (cont’d)
 - Path of Addiction and Recovery
 - Communication Demonstration
 - Role Plays
 - Preparation for Saturday Family Group

Day 2 – Saturday

- 10:00am - 12:30pm
Family members gather
 - Alanon Meeting w/ guest speaker
 - Family Member Recovery Pathways
 - Creating a New Environment
 - Enabling, Boundaries and Limits
 - Reviewing Family Member Worksheet
- 12:30pm - 1:30pm
Lunch (provided)
- 1:30pm – 3:30pm
Family members and clients
 - Centering Practice
 - Structured Multi-Family Group (see worksheets)
 - Debriefings
 - Evaluations

Lodging and Shuttle Recommendations

Hotels:

Embassy Suites by Hilton San Rafael Marin County

www.embassysuites3.hilton.com

101 McInnis Pkwy
San Rafael, CA 94903
415-499-9222

Four Points by Sheraton San Rafael

www.starwoodhotels.com

1010 Northgate Drive, San Rafael, CA 94903
415-479-8800

Marriott Larkspur Landing

www.marriott.com/hotels/fact-sheet/travel/SFOLL

2500 Larkspur Landing Circle, Larkspur, CA 94939
415-925-1800

The Panama Hotel Restaurant and Inn

www.panamahotel.com

4 Bayview Street, San Rafael, CA 94901
415-457-3993

Motel 6

www.motel6.com

737 E Francisco Blvd., San Rafael, CA 94901
415-453-3450

The Marin Inn

www.innmarin.com

250 Entrada Drive, Novato, CA 94949
415-883-5952

Mill Valley Inn

www.Jdvhotels.com

165 Throckmorton Ave
Mill Valley, CA 94941
415-389-6608

Best Western Corte Madera Inn

www.cortemaderainn.com

56 Madera Blvd, Corte Madera, CA 94925
415-924-1502

San Anselmo Inn
www.sananselmoinn.com
339 San Anselmo Ave, San Anselmo, CA 94960
415-455-5366

Transportation:

San Francisco Airport Shuttle Service to Marin County
Marin Airporter
www.marinairporter.com
415-429-1519



Family Program Dates for 2018

January 5-6
January 19-20

Feb 2-3
Feb 16-17

March 2-3
March 16-17

April 6-7
April 20-21

May 4-5
May 18-19

June 1-2
June 15-16

July 6-7
July 20-21

August 3-4
August 17-18

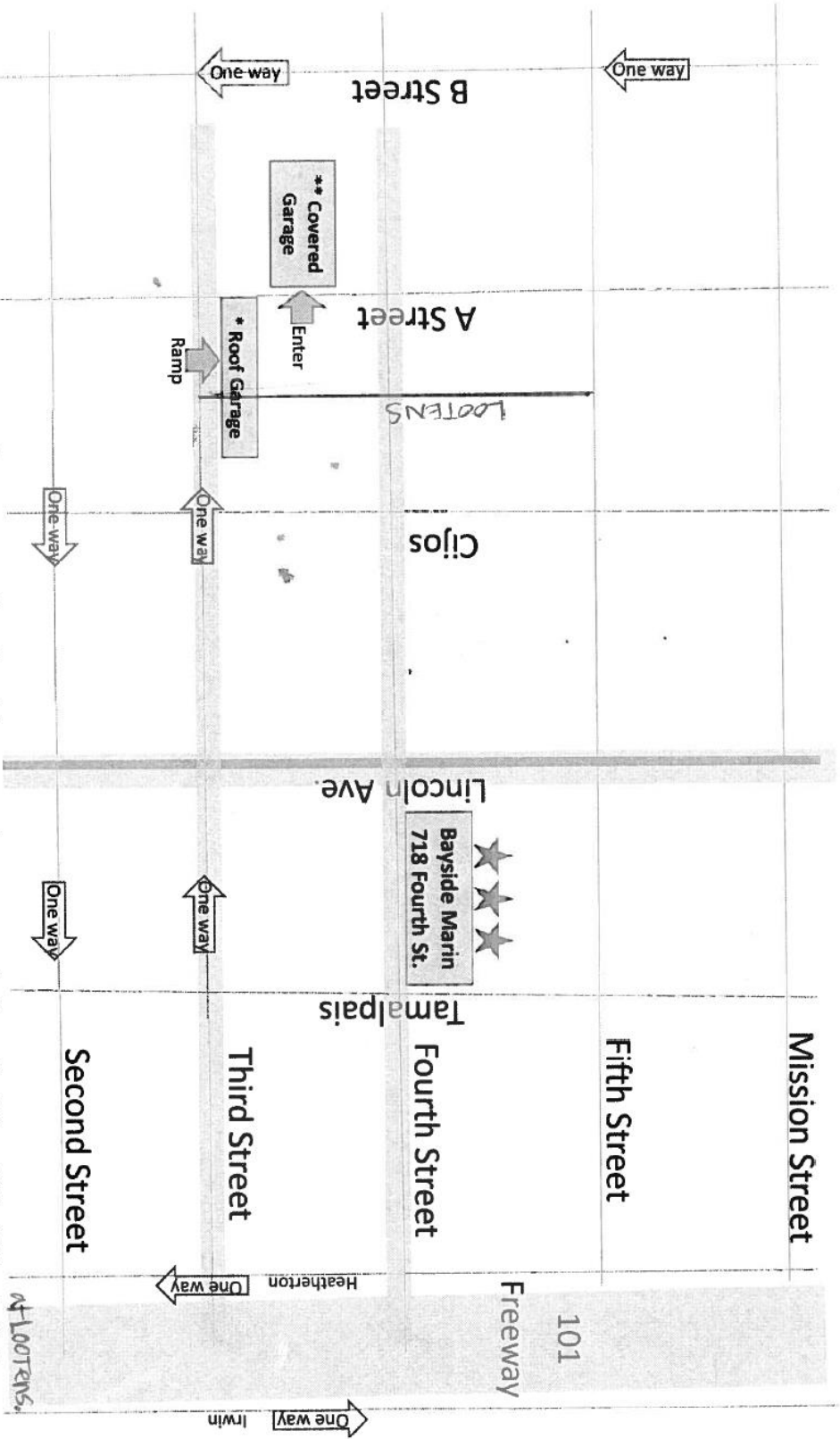
September 7-8
September 21-22

October 5-6
October 19-20

November 2-3
November 16-17

Nov/December 11/30 & 12/1
December 14-15

Bayside Marin Family Workshop All-Day Parking



* Roof Parking – enter from Third St. & LOOTENS
 ** Covered Garage – enter from A Street

For uncovered roof parking enter the up ramp (yellow sign) from Third Street. Pay the machine until 4pm. For the enclosed garage, enter from A St., take ticket. Keep ticket with you and pay when you leave. To get to Bayside from either garage, walk toward 101 on Fourth Street. Cross Lincoln and Bayside is on the left side