

# Family Engagement & Support:

Here at CeDAR, we whole-heartedly believe in treating & supporting the entire family system, not just the individual in our direct care. Below, have listed ways in which family & loved ones of CeDAR patients & alumni can engage their own healing and seek their own support. Plus, family & loved ones are welcome within the alumni community & CeDAR's greater community.

- o Attend the Hope & Change Al-Anon beginners meeting (virtual) Thursdays at 7pm. This meeting offers a nice mix of community recovery members and family of CeDAR patients and loved ones. <https://us02web.zoom.us/j/83887540802>.
- o Attend an alumni meeting, with your loved one, Thursdays 7pm-8pm—In-person at CeDAR or virtually on Zoom. A good night to attend may be when your loved one asks you to, when your loved one is picking up a sobriety chip or on Milestone Night, which is the last Thursday of every month. <https://zoom.us/j/252143991> Password: Alumni
- o Participate in CeDAR's weekly virtual family support group, which meets Tuesdays at 3pm MST. The group is facilitated either by a CeDAR clinician, Eric Suter. To join, please visit: <https://ucdenver.zoom.us/j/94161809710> Password: support
- o Many of the events we organize for our alumni are family friendly. We encourage you to have conversation with your loved one and, together, choose if you would like to attend an alumni event as a family. All of our alumni events can be found on a routinely updated Google Doc: [Upcoming CeDAR Alumni Events: Virtual and In-person - Google Docs](#)
- o We have created a new private Facebook group for families and loved ones of CeDAR: <https://www.facebook.com/groups/518838518705374/>. This is an ideal platform to connect with others, share recovery content and learn of resources available to you! You are welcome and encouraged to post, as well.
- o I am available to talk or answer any questions, as they relate to alumni services or community recovery meetings. I may be reached at [Meghan.white@uchealth.org](mailto:Meghan.white@uchealth.org).
- o You may also reach out to Eric Suter, CeDAR's with questions about the virtual family support group at [eric.suter@uchealth.org](mailto:eric.suter@uchealth.org).



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