

TIMBERLINE KNOLLS' VIRTUAL FAMILY PROGRAMMING FOR FAMILY OF OUR RESIDENTS

Monday–Thursday | 5:30–6:30 PM CST

At Timberline Knolls, our holistic approach to treatment extends beyond the individual in our care. We recognize that members of the family can benefit from their own support. With this in mind, we are offering “Timberline Knolls Virtual Family Programming,” an 8-week series of virtual groups designed exclusively for the family of Timberline Knolls’ residents and clients. Each week, Monday–Thursday, a clinician led treatment group will be available at no extra charge to family members. The purpose of these groups are to educate and inform the family

RELAPSE PREVENTION (MONDAY)

Getting sober is the first step, staying sober is the journey. This course will provide education and information surrounding supporting someone in recovery. Learn the language of recovery, how to be helpful and not harmful when the desire to use occurs.

COLLABORATIVE CARE (WEDNESDAY)

The body, as well as the mind, plays an important role in the recovery journey. Proper nutrition and physical well-being are important aspects of treatment at Timberline Knolls. This course will provide an overview of the various medical and dietary needs and services while in treatment.

DBT FOR FAMILIES (TUESDAY)

Dialectical Behavioral Therapy (DBT) is the main therapeutic modality taught at Timberline Knolls. The main objective of DBT is to provide clients with a set of skills to help them manage painful and distressing emotions, in turn helping them to decrease conflict in their relationships and live a life they feel is worth living. This course will provide training on the DBT skills being learned in treatment.

POSITIVE PARENTING (THURSDAY)

Families of adults as well as adolescents can benefit from this group. This course will address topics such as communication strategies, coping with anger, living with depression and approaching suicidality.

To register please email Kristie.Cauthen@timberlineknolls.com or contact your assigned TK Case Manager

(877) 257-9611 | 40 Timberline Drive, Lemont, IL 60439 | www.timberlineknolls.com

Timberline Knolls is a residential treatment center located on 43 beautiful acres just outside Chicago, Illinois. We offer a welcoming environment for women and girls age 12 and older who are struggling with eating disorders, substance use or mood disorders, trauma, and co-occurring conditions. An adult partial hospitalization program (PHP) and intensive outpatient program (IOP), with supportive housing, are available for step-down and for women to directly admit. By serving with uncompromising care, relentless compassion, and an unconditional joyful spirit, we help our residents and clients help themselves in their recovery.