

The Farley Center at Williamsburg Place

5477 Mooretown Rd, Williamsburg, VA 23188

The Farley Family Workshop

The Farley Center Business Offices

221 Bulifants Blvd. Unit B,

Williamsburg, VA 23188

Farley Family Group Online

12pm Eastern every Friday

Zoom Meeting

<https://summitbhc.zoom.us/j/9540354115>

Meeting ID: 954 035 4115

Family Counselors

Jessica Swan, MCJ, MAC, LSATP*

Jessica.swan@farleycenter.com

Jay White, MS, CSAC

Jay.white@farleycenter.com

757.914.8092

Updated 12/17/24



<https://farleycenter.com/programs/family-services/>

Jessica Swan, MCJ, MAC, LSATP, CAS | jessica.swan@farleycenter.com | 757.914.8092

Jay White, MS, CSAC | jay.white@farleycenter.com | 757.914.8092

Family Program on Zoom Meeting <https://summitbhc.zoom.us/j/9540354115>

Meeting ID: 954 035 4115

12pm Eastern every Friday excluding holidays

Welcome to the Farley Family Workshop

Located at: The Farley Center Business Offices
221 Bulifants Blvd. Unit B,
Williamsburg, VA 23188

The Farley Family Workshop is a two-day weekend workshop for loved ones affected by substance use disorders (also called addiction or SUD). The workshop provides education on addiction, helps you identify how you have been affected by the disease, and offers a space to begin healing from those effects. We will help you to discover and explore your behaviors, attitudes, and feelings, and learn new skills and healthy responses to a new addiction recovery environment.

Addiction is a chronic brain disease that impacts everyone whose lives are touched by it. As the disease progresses, the attitudes and behaviors of the person with SUD dramatically change. Often, loved ones also experience dramatic changes in their own attitudes and behaviors due to the progression of the disease. We all need the opportunity to heal and grow as we enter addiction recovery. Research shows a 50% increase in long-term recovery rates for patients with SUD when family members attend family recovery programs, just like the one we offer. *This is why it is so important for you to participate!*

We welcome all family members and friends, ages 12 and above, of patients of the Farley Center or other Summit Behavioral Health programs in Virginia, to attend the Farley Family Workshop. There is no additional cost for 2 loved ones to participate, as the cost is included as a part of the patient's treatment. Please contact us if you have more than two family members that wish to attend.

We want you to have a meaningful experience. Some guideposts for your time at the workshop include:

Understand the neurobiology of addiction

Learn to recognize the symptoms of addiction and understand that the disease is chronic, progressive, and often fatal when left untreated.

Embrace self-acceptance Discover your feelings and needs. Recognize that much of this has been ignored to focus attention on the person with addiction.

Breakthrough the denial Accept that addiction affects the entire family, and you have the chance to grow your awareness of behaviors and attitudes. Learn the difference between supporting recovery vs. enabling the disease.

Commit to a family recovery plan Get involved by attending the weekly family group online or going to your own 12 step meetings or other support groups. Try out therapy for additional support. Find your own healing as a part of this work. Develop your own recovery plan.

<https://farleycenter.com/programs/family-services/>
Jessica Swan, MCJ, MAC, LSATP, CAS | jessica.swan@farleycenter.com | 757.914.8092
Jay White, MS, CSAC | jay.white@farleycenter.com | 757.914.8092
Family Program on Zoom Meeting <https://summitbhc.zoom.us/j/9540354115>

Meeting ID: 954 035 4115

12pm Eastern every Friday excluding holidays

Farley Family Workshop Schedule 2026

January 24-25

https://FarleyFamilyJan24_25

February 21-22

https://FarleyFamilyFeb21_22

March 28-29

https://FarleyFamilyMar28_29

April 25-26

https://FarleyFamilyApril_25_26

May 23-24

https://FarleyFamilyMay23_24

June 27-28

https://FarleyFamilyJun27_28

July 25-26

https://FarleyFamilyJul25_26

August 22-23

https://FarleyFamilyAug22_23

September 26-27

https://FarleyFamilySept26_27

October 24-25

<https://FarleyFamilyOct24-25>

November 28-29

https://FarleyFamilyNov28_29

December 26-27

https://FarleyFamilyDec26_27

<https://farleycenter.com/programs/family-services/>

Jessica Swan, MCJ, MAC, LSATP, CAS | jessica.swan@farleycenter.com | 757.914.8092

Jay White, MS, CSAC | jay.white@farleycenter.com | 757.914.8092

Family Program on Zoom Meeting <https://summitbhc.zoom.us/j/9540354115>

Meeting ID: 954 035 4115

12pm Eastern every Friday excluding holidays

Agenda

Located at: The Farley Center Business Offices
221 Bulifants Blvd. Unit B,
Williamsburg, VA 23188

Saturday

8:30-9:00am	Registration
9:00-10:00am Introduction	Understanding Group Dynamics & Expectations
10:15	Break
10:30am	Neurobiology of Addiction
12:00pm-1:00pm	Lunch
1:00pm-2:00pm	Codependency & Trauma
2:15pm Break	
2:30pm	Boundaries, Enabling, and Helping
3:00pm	Communication
3:30pm Break	
3:45pm	Family Recovery & Planning
4:45pm	Review & Assignment Work

Sunday

8:30am-9:00am	Check-In
9:30am-10:45am	Communication Exercises Break-Out Groups
10:45am-11:00am	Break
11:00am	Boundaries Sharing Break-Out Groups
11:30pm	Large Group Share Out
12:00pm-1:00pm	Lunch
1:00-2:00pm	Recovery Plan Sharing Break Outs
2:00-2:30pm	Review, Takeaways, & Share Out
2:30-3:00pm	Closing

<https://farleycenter.com/programs/family-services/>
Jessica Swan, MCJ, MAC, LSATP, CAS | jessica.swan@farleycenter.com | 757.914.8092
Jay White, MS, CSAC | jay.white@farleycenter.com | 757.914.8092
Family Program on Zoom Meeting <https://summitbhc.zoom.us/j/9540354115>

Meeting ID: 954 035 4115

12pm Eastern every Friday excluding holidays